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AN
ENQUIRY
INTO THE CAUSES
PRODUCING THE EXTRAORDINARY ADDITION
TO THE
NUMBER OF INSANE,
TOGETHER WITH
EXTENDED OBSERVATIONS
ON THE
Cure of Insanity;
WITH HINTS AS TO THE
BETTER MANAGEMENT OF PUBLIC ASYLUMS
FOR
INSANE PERSONS,

Directed with a view to their more *immediate relief*; as well as the *diminution*
of the charges appropriated to their support.

TO WHICH ARE ANNEXED,
Some necessary observations in reply to Doctor ANDREW HALLIDAY'S
"Remarks on the present state of the Lunatic Asylums in Ireland,"

By WILLIAM SAUNDERS HALLARAN, M.D.
Senior Physician to the South Infirmary, and Physician to the House of
Industry and Lunatic Asylum of Cork.

Felicitur sapit, qui alieno periculo sapit. PLAUTUS.

PRINTED, AND SOLD BY EDWARDS & SAVAGE, CORK;
LONGMAN, HURST, REES, ORME & BROWN, LONDON;
AND GILBERT & HODGES, DUBLIN.

1810.

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TO

DOCTOR LONGFIELD.

SIR,

HAD I, on an occasion such as the present, to address myself to a Gentleman of minor note in the Republic of Letters, and less remarkable for professional eminence, I might be allowed the gratification, when offering my tribute of respect, of pointing out the acquirements which have long since rendered you so justly the subject of panegyric, and so high in public confidence. The frequent opportunities which I have had of estimating and of profiting by your cultivated talents, which are unceasingly devoted to the furtherance of general science, as well as to the dignified maintenance of the medical character, would, independently of personal obligation, call forth my warmest acknowledgments. In avowing these sentiments, I am confident I but speak the sense of all who have had the advantage of holding conference with you, and presuming on your favor in this instance, I cannot but avail myself

myself of the means which I now possess, of giving them utterance.

The design of the following work having been encouraged with your approbation, it will be an additional source of satisfaction to me to ascertain, that I shall be justified by the opinion of the Public, in committing it for perusal under the sanction of your name.

Amongst the many who admire and would willingly emulate your character, permit me Sir, to subscribe myself,

Most faithfully,

And with sincere regard,

Your devoted, humble Servant,

THE AUTHOR.

Cork, June 4, 1812.

PREFACE.

THE great difficulty so much complained of in the attainment of practical information, on the very important subject of insanity, makes it the more excusable for any one to wave those scruples which a public appeal would naturally create, in a first attempt at offering to the acceptance of medical practitioners, a view of certain facts, which have for their recommendation at least the sanction of very extensive practice, in this department of the profession.

The author of the following remarks, has not been induced to obtrude himself on the attention of his enlightened brethren, from any other motive than a sense of duty, by which he feels himself urged to communicate the result of observations, which, appearing to him of some value, cannot be the less worthy of their regard, when presented as the result of many years serious and laborious attention in an institution, crowded with unfortunate sufferers of this description, and labouring under all the varieties of mental derangement. It may then be freely admitted, that little less than gross indifference could prevent his having such an intimate familiarity with the disorder, as might entitle him to hold some well founded opinions, on certain principal indications, and tending also to confirm his final expectations, in the very rapid succession of cases which have come under his care.

In his endeavours to express himself satisfactorily, he has not lost sight of that necessary attention to minute objects, in the treatment



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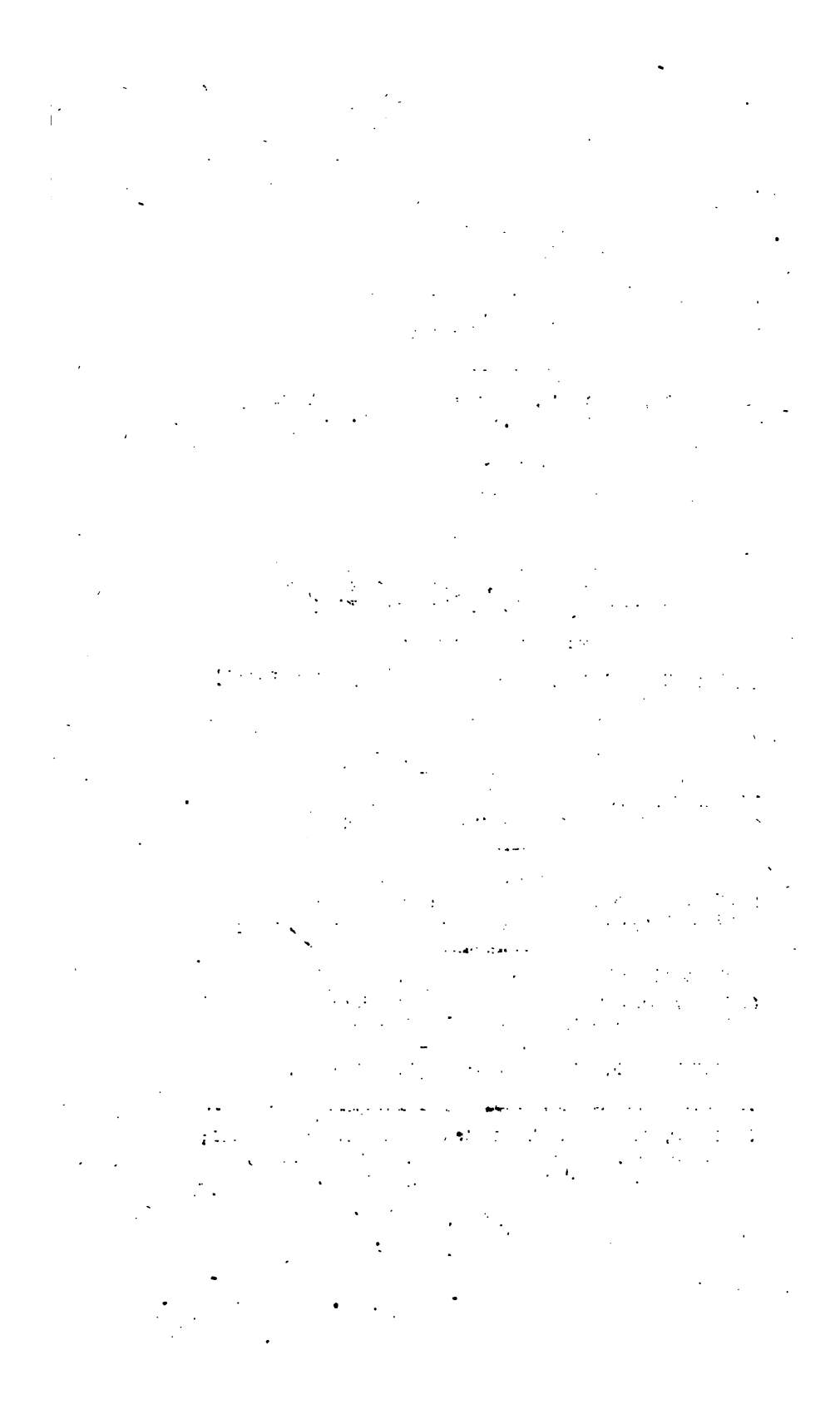
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To enter into the mazes through which this pathological distinction may be reduced to physical certainty, is by no means my present purpose; my object is to designate as clearly as I can, the character of each, by which I hope to put practitioners on their guard against the too common method of referring all maniacal symptoms to one general head, and thereby confounding the hallucination of the mind as primarily the seat of the disorder, with that delirium which is the associate of corporeal suffering, and to which it can be distinctly traced: partaking at the same time of those delusions which are inseparable from mere mental derangement, but which exhibit on the other hand, in persons of peculiar temperament, the secondary symptoms of the idiopathic affection.

I have long entertained in a practical point of view, a marked distinction between these two species of insanity, from a conviction of an opposite mode of treatment being in the first instance indispensibly necessary; yet I am willing to admit, that the malady, though differing in its origin, is in effect the same, owing its existence as accident may direct, in one person to mental, in another to organic impressions. In the mode of cure however, I would argue the necessity of the most cautious attention to this important distinction, lest as I have often known to be the case, that the malady of the mind which is for the most part to be treated on
moral

moral principles, should be subjected to the operation of agents altogether foreign to the purpose; and that the other of the body, arising from direct injury to one or more of the vital organs, may escape the advantages of approved remedies.

To illustrate this seemingly paradoxical position, I would only advert to the many well known instances of insanity which have occurred to medical practitioners, and which have evidently owed their origin to those excesses that impair the action of the Lungs and abdominal viscera in general. In the first, how often have the symptoms of Phthisis pulmonalis, Hæmoptysis and Mania furibunda been known to relieve each other in quick succession, and both to give way to remedies directly applied to the relief of the primary affection!—In the others, and particularly in affections of the Liver, where they may be attributed to long continued intemperance, or a sedentary mode of living, maniacal symptoms will often supervene. In those, the object of the practitioner has sometimes been directed to remedies, rather more adapted to break the chain of fanciful incoherency, and to subject his patient to a species of discipline, but badly suited to the case; while unfortunately the state of the organ as primarily affected, and which should in the first instance have occupied his chief attention, is viewed with inadvertency or neglect. And yet, this discrimination has been found to be of the highest importance

where a curative indication was to be looked for, nor need there be much difficulty in forming a prognosis, where either from candid report, or from careful examination, the precise nature of the excitement shall be ascertained.

Taking it for granted then, that a temperament of a greater liability to the different modifications of mental derangement exists *ab initio* in a certain description of people, the first enquiry which would appear to be necessary is, from what point the evil would seem at the time being to take its source: or in other words, whether it may seem to depend on mental, rather than on corporeal action. If on the former, the exertions of the Physician will consist in the prudent disposition of moral agencies, and not upon the influence of any specific medicine. If on the latter, though the due management of the mind is not to be neglected, it will be frequently found, by the judicious administration of appropriate remedies, that this malady even in its most formidable shape, will at length give way, and be succeeded in its progress by symptoms peculiar to that state of convalescence so frequently to be met with in cases of synochus, and other acute cases of febrile diathesis, where delirium had previously existed. By attention to this occurrence, I have been enabled with some facility to account for a favourite practice, very indiscriminately resorted to in cases of mental derangement, where mercurial frictions

as well as other preparations of that drug had been prescribed, on what I must call an empirical principle, of *breaking in upon* the habit, as well as upon the chain of thinking then prevalent. This I must acknowledge to have been in some instances eminently useful, though I have afterwards discovered the benefits of it to apply only to a diseased state of the Liver, which on a short continuance of a *ptyalism*, evidently gave way, and was succeeded by the restoration of the mental faculties. To what precise affection of this viscus we may impute the accumulated weight of distress to which it so frequently would appear to owe its origin, I will not undertake to decide; but this I can safely say, that it does not at all times depend upon an acute state of inflammation of that organ.—That an highly enlarged scirrhus of its entire mass is frequently to be met with is certain, particularly in the more advanced stages of insanity, which has been observed to recede and advance, as if regulated by the increased or diminished force of the renewed paroxysm. Having had many and decisive proofs of this phenomenon, I of course am led in my earliest enquiries to ascertain, as a leading feature, whether the patient had been in any degree exposed to the general causes which are known to superinduce hepatic affections. In several I have been able to trace them even to remote periods; in others the character of the complaint has immediately discovered itself, by which the prospect of recovery has been

been placed at a lesser distance, where but scanty expectations had been previously entertained.

Several instances of insanity depending on an inactivity, or as it would appear a torpor of this important organ, have of late especially occurred; which, having had prompt assistance on principles agreeing with this view of the complaint, have happily met relief. From observations of this nature therefore, it must readily appear, that the actual state of the Liver in almost every case of mental derangement should be a primary consideration; even though the sensorium should be largely engaged. Here I am well aware, that I may expose myself to animadversion, by seeming to admit the existence of insanity independent of that intimate connection which has been at all times supposed to prevail between it and the brain. This however is not my intention: I would merely wish to impress the opinion, that though the brain be invariably more or less perverted in its functions, in all cases of insanity, and though it be under certain impulses the primary point of attack, yet, that it is very frequently but a secondary object in a practical distinction, and to be treated as such, even under the most urgent circumstances.

In cases of this description it has also been often found, that the system of mesenteric glands has in an obvious degree manifested a strong connection with

with the peculiarities of this complaint. How far the general evidence of their association in this respect may admit of the former being considered under any modification, as a principal agent in the formation of insanity, it may not be easy to determine, yet it is sufficiently evident that in the more advanced stages, they have exhibited proofs of their insufficiency to withstand the ravages which it occasions. Whether therefore we may impute this circumstance rather to the effect of a protracted affection of the system at large, or consider it as one of the original causes of the complaint, remains still to be ascertained; but this much is certain, that the greater proportion of maniacal affections which have come within my observation, have in the more advanced stages especially, exhibited such proofs of a scrofulous taint, as would lead one to suppose that there does exist in persons of this habit a greater proclivity to the approaches of insanity, than in those whose temperaments less accord with such a tendency.—Innumerable proofs of this association have offered, and so strong has the impression been made upon me of their affinity, that I seldom fail to detect it in one point or the other, particularly at the close of life; nor do I hesitate to pronounce a maniacal patient *in articulo mortis*, when at an advanced period large strumous swellings suddenly make their appearance in the sub-maxillary glands. In some few instances of this nature, I have known the stroke of Death suspended

pended by the immediate intervention of Phthisis pulmonalis, and also of Hæmoptysis to an immense amount, accompanied with every appearance of instant dissolution; the maniacal symptoms entirely giving way. Those have again returned in additional violence, and each have still alternately re-treated; leaving the patient, notwithstanding such reiterated attacks, in a comparative state of safety.

Here we have sufficient evidence of the existence of insanity on the principle of mere organic læsion; holding a connection as it would appear, with the entire glandular system. Hence we may be led to suppose that an imperfect or a specific action in certain portions of this important department tends to lay the foundation of that affection, which I would under such circumstances, denominate the "MANIA CORPOREA" of CULLEN; including at the same time within this species, the different varieties of the complaint as described by Authors, depending upon the various causes whether mechanical or otherwise, as affecting the sensorium, and the other important organs of the animal economy.

LOCAL CAUSES OF INSANITY.

As the intent of this work does not directly lead to a detail of the symptoms which go to characterise an insane paroxysm, or to mark its progress by a minute analysis of cause and effect; I shall content myself by referring to the books of eminent authors on this subject, which I am to suppose are in every one's hands; many of whom have with strict discernment succeeded to this effect, and have superceded the necessity of a garbled narrative on my part of well known facts; which, however interesting, cannot fail from their eccentricity to meet the attention of the most cursory observer, in the regular order of their succession; and to which, I confess myself unprepared to give any material addition. I shall therefore proceed to considerations more immediately connected with my present purpose, declining at the same time all metaphysical deductions which may tend to perplex the practitioner in his efforts to relieve. I shall rather, in the hope of being more immediately useful, undertake an enquiry into the cause of the extraordinary encrease of insanity in Ireland; and will endeavour to draw such conclusions as may in
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some degree justify the opinions I have formed on the subject.

In entering on this part of my subject, I am not without my fears, that by expressing myself at large on the several points which may enable me to account with accuracy, for the very frequent and alarming appearances of this malady amongst us, I may without meaning to do so, give offence to some, by assigning as causes for its frequency, the prevalence of certain opinions, more particularly connected with our recent history, as touching political dissensions, and the consequences of *overweening* ambition. But as my inclination is to satisfy the curious on this delicate enquiry, I shall conformably with the motive already avowed, state such facts as I know to be material, without intending to excite discussion on either head, or to indulge in extraneous matter.

It has been for some few years back a subject of deep regret, as well as of speculative research, with several humane and intelligent persons of this vicinity, who have had frequent occasions to remark the progressive encrease of insane persons, as returned at each Assizes to the Grand Juries, and claiming support from the public purse.—To me it has been at times a source of extreme difficulty to contrive the means of accommodation for this hurried weight of human calamity!—Here I would beg leave to remark, that the well known zeal and liberality of the inhabitants was not less

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conspicuous on this urgent occasion, than on all others, where suffering humanity had to present itself for shelter. Let it suffice to say, that in this living instance, there was not a hesitation even in the worst of times, in providing for the evil to its full extent. The institution of this city and county, which, when I was appointed Physician to it, was not capable of accommodating more than forty or fifty at the utmost, can now meet the increased demand for admission to thrice the number.* This in the first instance, is an incontestible proof that within the years 1789^b and 1809, the number has advanced far beyond the extent upon which

^a The building as it originally stood, together with the occasional additions made to it, measures on the ground-floor 288 feet in length by 18, and contains 36 cells.—The Attic story 230 feet in length, and contains 27 cells; with a convalescent ward for the men, of 58 feet by 18, and is capable of containing 37, in separate beds, some of which are occasionally doubled, when boys or very slight persons will admit of it. The cells are 6 feet by 8, with a gallery 8 feet wide and running to the extent of 230 feet on the upper floor, and 288 feet below. To this building are attached at convenient distances, two rooms for the keepers and other attendants, who are so situated as to be able to command their separate divisions at a moment's alarm.

The new building contains on the ground floor, the women's hall, with a railed-in fire place, 21 feet by 18, and a range of cells, nine in number, occupying 68 feet, with a gallery 8 feet wide, and in length ranging with the cells; at the end of which is a room 12 by 18, allotted to the circulating swing.—The galleries above and below are 8 feet wide and run the full length of the cells. Attic floor contains two rooms reserved for particular cases of females; also the women's convalescent ward, 78 feet by 18, and disposed in a similar manner to that of the men. The entire length of the new building is 109 feet, convenient to which is the men's hall, 30 feet by 20, with a railed-in fire place.

Area of the yard, 170 feet by 48.—Of very inferior extent it must be confessed, to the number of persons who are in the daily habit of exercising in it. Amount of patients at present in the House 163, which is by far more than it can conveniently hold; of whom 40 are under cure; incurable and idiots 82, convalescent 47.

^b The year of my appointment.

which the humane founders had calculated: nay more, it will appear by reference to the books so far back as 1782, that no more than six apartments had been prepared for the reception of lunatics, and even those not at all times occupied. To account therefore correctly for this unlooked for pressure of a public and private calamity, it appears to be indispensably requisite to take into account the high degree of corporeal as well as of mental excitement, which may be supposed a consequence of continued warfare in the general sense, and more particularly of that state of warfare which not only employs the full force of a country in the support of a foreign contest, but also that which engenders and brings to issue the horrors of intestine feuds; imparting visionary views to some, "who build their hopes upon their country's ruin!" to others, all the pangs which follow quick upon licentious arrogance!—The one, inflated with idle expectation, involved perhaps in guilt, but badly brooks the fallacy of hope, and less the loss of peace, at length gives way;—yet reigns pre-eminent on a Throne of Straw! The other, who if competency and friends bereft, beholds the waste of confidence and truth, regardless of future ties, resigns his misty cause to HEAVEN'S GREAT CHANCERY, and no longer conscious of the merits of his case, sinks into hopeless apathy.

"The fool consistent and the false sincere."

Such I know to have been but too frequently the
tragic

tragical events of the late unhappy disturbances, which it is to be confessed, have added but little to the character of this country; and to which may be ascribed in a principal degree, the enormous augmentation to the lists of insane persons who have within the last ten years been received into our public Asylum.*

Had the evil but lasted here, even with the deluded, unlettered class who inhabit this humble retreat of human infirmity, it would have been so far well. We trace however its baneful influence to a higher level; and were it possible for me to dismiss the regard attached to professional obligation, the picture may be enlarged to a surprising extent, in sad perspective!

The diversified form in which the original attack had in those cases made its appearance could not escape observation. In some it was evident that terror merely had its sole influence, producing in most instances an incurable melancholia. In others, where disappointed ambition had been prevalent, the patients were of an opposite cast, and were in general cheerful, gay and fanciful; but extremely treacherous and vindictive. Sad to relate, but few of either have been permitted to witness the present decided proof of their temerity and improvidence.

General

* From communications with which I have been lately favored from London, I have ascertained that additional proofs of this melancholy circumstance were abundantly to be met with there amongst the French emigrants, immediately after the breaking out of the French revolution, chiefly depending on causes similar to what I have described.

General as the cause above alluded to has been in the extension of this grievous malady, there is also another of a no less diffusive nature; and which seems more likely to add to the number of this description, than by the diminished prevalence of a habit so destructive, to check the enormity. I mean the unrestrained use and abuse of ardent spirits.

As I am very conscious that I should only have my labour for my pains by attempting to hold up to general abhorrence the more *serious* and fatal consequences of this propensity, I shall briefly state the extent of mischief which has come within my observation as arising from this source; and with great deference submit to others, whose bounden duty it may be, to urge the dreadful consequences of this alarming vice; so inimical to domestic peace, to every moral virtue and political security.

The many wretched victims to this fascinating indulgence are not confined to youth nor old age; to sex nor condition; so that an inconsiderate observer would be more inclined to conclude, that measures had actually been adopted more with a view to encourage this perverted appetite, than to restrain it within moderate boundaries. So frequently do instances of furious madness present themselves to me, and arising from long continued inebriety, that I seldom have occasion to enquire the cause, from the habit which repeated opportunities have given me at first sight, of detecting its well known ravages. Few

Few of those however have been found beyond the reach of medical interposition; for though the violence of the attack is seldom inferior to any, it is not in general found to be of the same duration, and never unaccompanied with smart fever, which will often continue for six or eight weeks without intermission, and most generally terminates in a well marked crisis. Patients of this description, having arrived at such a state of convalescence as to be capable of receiving nourishment from the common articles of food, soon recover the natural vigour both of mind and body. They are not slow neither in evincing an abhorrence of their late excesses,—at least as far as general terms of contrition may afford a conviction of their sincerity. Strange as it must appear, they will with the greatest indifference, and seeming content, submit to a total deprivation of their accustomed beverage to the full expiration of the probationary term appointed; and yet, although it has sometimes happened that a full conviction of the unworthiness of their late practices did obtain a decided ascendancy, so as to give a new character to the unprincipled prodigal, still, in a much greater proportion have the defaulters of this unprofitable *complexion* given way to their former insatiable cravings, to the utter destruction of every sense requisite to the constitution of human happiness, even in its most limited form.

In pointing out the existence of so great an evil, affecting a vast proportion of our most useful arti-

zans and industrious poor, I will venture to accompany the exposition with some observations on the means of *checking* this shameful growth of human depravity: and as I must suppose that a consideration of such a nature is not unworthy of the enlightened characters who now with so much earnestness press forward throughout the land, with the benevolent intention of bettering the condition of the poor, and and of reforming the vices of the age, I will, with some hope of its practicability, state my sentiments freely on this important subject.

I am not singular in remarking, that not only here, but in every other country, where newly distilled spirits have been allowed to come within the reach of the population at large, consequences the most immediately deleterious in their nature have ensued. It is a well established fact that our brave Troops in the West Indies, have been known at all times, to suffer more severely from incautious freedoms at this source, than from the most determined attack of the enemy. In this country I believe it will not be denied, that as much mischief has already flowed from a similar cause as could be wished for, even though an intention of effecting this very purpose had been in reality consistent with sound judgment and national policy. Yet strange and unaccountable as it certainly is, no attempt has hitherto been made to turn aside the unerring force of this devouring monster! The method notwithstanding appears to be plain, and I do contend for it fully attainable. As

As I have every reason to suppose that the revenue laws, so far at least as they relate to this part of the Empire, give ample opportunity of regulating and inspecting the *quantum* of this valuable commodity, *at its first shot*, I would also consider of the possibility of officers in this department laying such restraint upon it, as must effectually prevent its making further progress in society, until it has undergone such amelioration, either from age or rectification, as would at least deprive it of that *edge*, which, however highly polished it may be to the eye of an eager votary, must, to speak mildly, necessarily contain in its state of *nonage*, such crudities as are inseparable from an imperfect and hurried process, and be inadmissible from its well known consequences, as an article of salutary recreation. I would therefore, at the fountain head, commence the measures of reform, by enforcing the necessary limitations to its unreserved dispensation.

But it is not from hence chiefly, that the great and grand evil utters forth its hideous uproar. Raw and undigested as the "care killing bowl" must be, just forced from nature's lap, it still must undergo a change more suitable to the retailer's purpose, who, not satisfied with moderate returns, again subjects it to what he calls *management*, and not content with a minute dilution of all its parts by aqueous interposition, must still render it suitable to the consumer's taste, by the infernal addi-

tion of certain vegetable and mineral condiments, of the most pungent and corrosive nature!

That such continues to be the case amongst the low retailers of spirituous liquors is not to be doubted. Can it then be wondered at, that our streets should constantly present to common observation, so many hideous objects of commiseration, in human shape! Can it be a matter of surprise, that the hard earnings of our working poor, when thus expended, should eventually expose them to all the horrors of ill-shaped poverty, and to an agonizing death? Or that the victims to such wicked contrivances, should lose sight of the common ties which constitute the bond of civil society, and expiate their guilt by a premature sacrifice of their lives, to the offended laws of their country.—Or else, stung with keen remorse of deeds, too black to bear the face of day, they shrink back from the call of conscience, into black oblivion of the past, and seek that shelter in retirement, which “best suits the gloomy habit of the soul.”

Strangulat inclusus dolor, atque cor æstuat intus.

That maniacs doomed to confinement for life from causes of this nature, have frequently come under my particular care, is a melancholy truth. Can there therefore be any greater incentive to the enacting of such salutary regulations, as may effectually subject the retailers of sophisticated spirits to such just pains and penalties, as might in future deter them from those unworthy practices? Or I
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would ask, if it may not be judged as fit a subject for magisterial jurisdiction, to enquire and look into abuses of this nature, as into the several items of culinary arrangements, which have at all times engaged the most scrupulous attention of our Market Juries?

If then we must admit the expediency of indulging the lower orders with a free admission to the *bewitching* charms of our native whiskey, let it be, in the name of pity, in the name of decency and good order, under such stipulations, as that it may at least be dealt out to them in its purity,* free from those vicious frauds which not only constitute the immediate cause of the most inveterate maladies in the general sense, but also render them particularly liable to the horrors of continued insanity: in preference to which, the deprivation of existence may be admitted as a blessing from that BEING who had thought fit to bestow it.

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* The great improvements lately adopted in the distillation of malt spirit, has in a great degree deprived it of those pernicious qualities which previously could be subdued by time only, and has it must be confessed, approximated it to that state which it should necessarily require from age. This refinement in the manufacturing of whiskey, is not I fear as universally complied with as might be wished for: but where this is the case, it should be acknowledged that as a spirit, when diluted to a proper degree, and used in moderation, it is as little disposed to excite uneasy sensations as any other that can be named. Nay more, I know it to be the established opinion of several, who are in the habit of indulging too freely in the gratification which it affords, and who have repeatedly assured me, that they never do experience the *after* effects of intoxication from whiskey, which they declare to be the certain consequences from rum, though taken in a far less proportion. I have strong reasons to believe that malt spirits, prepared as they now are in this City, will sooner arrive at maturity, than any foreign spirit which we are in the habit of importing.

same time be amiss to remark, that in the public asylum under my care, which is inhabited by Roman Catholics in the proportion of ten, to one of the established Church, no instance within my recollection of mental derangement has occurred amongst the former, occasioned by terror from religious enthusiasm: whilst several of the latter persuasion have been under cure, and many of the sectarian class, who, extravagant as it must appear, seldom have failed in their occasional transitions from the torpid state of melancholia, to the more vivid extremes of sensorial action, to exhibit an inverted picture of their former sensations, and such as would almost induce an inconsiderate person to conclude, that the original system of education had not only been very defective, but even conducted with indifferent regard either to moral or religious excellence. And yet, in a few who have been restored to perfect sanity, after having suffered severely under such unhappy circumstances, there did not remain an appearance of a deficiency in either.

Cases of this description are in general the most obstinate, and the least disposed to submit to any mode of treatment intended for their relief, and of all others, particularly liable to returns of the complaint. On the whole, I am much inclined to indulge the hope, that however well disposed my fellow countrymen may be, to cherish and hold fast the full impression of a pure and rational religion, still, that possessing a strong and lively discriminating faculty,

culty, they will continue to resist all charlatanical efforts to dissuade them from the substantial blessings which they now enjoy : either by submitting themselves to the distorted doctrines of the libertine, any more than to the circumscribed dogmas of our modern declaimers.

Patients of the unhappy persuasion here alluded to, seldom derive material benefit by the use of the more active antimaniacal remedies. They are for the most part, of a cold, inactive habit, and apparently insensible to the influence of ordinary agents. Their wants are few, their aversions if any, but seldom expressed, unless where the *tædium vitæ*, and a pertinacious intention of escaping the shackles of existence, have been predominant. Strange perversion of the human intellect, where the influence of real or imaginary unworthiness, should on self conviction, and though in dread of eternal punishment, still be led to the commission of an additional crime, scarcely to be expected a priori as a possible consequence.

GENERAL EVENT.

ON a minute retrospect of the opportunities which I have hitherto had, and judging by a careful reference to my notes of private practice, as well as to the books of the public institution, I have been enabled with some share of accuracy, to form a conception of the probable or general event which may be expected to result from similar cases of insanity, when coming within my observation. In presuming thus far, I am not unconscious of the importance of the duty I have at present to perform in offering conclusions on this subject, and to do it justice in the strictest sense, is an obligation most intimately connected with my wishes. I have already made some few remarks on this topic, as the occasions occurred, and I shall in this place endeavour to explain myself more fully to the purpose.

In the varied and interesting succession of cases which have hitherto presented themselves, none have more immediately called forth my unremitting attention than those which have been imputed to the consequences of the late rebellion. The result of my experience amongst the unhappy victims connected with or affected by the embarrassments incidental

dental to that period, is peculiarly distressing, and tends in a decided manner, to show the force of terror on the human mind, when accompanied with a consciousness of guilt, and the dread of punishment; or with sufferance from the loss of character, of property and of dearest relatives. Combined and distinct examples of these natural attendants on popular commotions, have had their full share in swelling this register of human imbecility.—Not one as far as I can charge my memory, has escaped the overwhelming impetus which marked its progress! This further attaches a strong marked character to the influence of terror, which, having once gained an ascendancy over the reasoning faculty, is sure to retain its power with ruthless and undiminished authority.

The next in succession of the more prevalent causes of insanity which have attracted my particular attention, is that which owes its origin not only to the general intemperance of all ranks, so far as relates to the unrestrained libations which mark the ruling passion of the day; but also, to the indiscriminate recurrence to any and every substitute, for the more generous and less stimulating ingredients with which our markets have been heretofore so generally supplied.—On this vital topic I have already enlarged, full as much perhaps as may be wished for; it therefore remains for me to report the repeated proofs of its importance from facts which daily offer.

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The habit of daily intoxication, if persisted in but for a few months, seldom fails to create the most irresistible impatience to meet the return of that hour, which would appear to qualify the indulgence of the propensity, of all others the most essential to instant happiness. This for a time is satisfied by the unrestrained enjoyment of the favourite beverage. By degrees however, the periodical appetite undergoes an *exacerbation* twice in the twenty-four hours, till at length all restraint is set aside; the common inclination for animal or other food is nearly forgotten, unless when provoked by condiments suitable to a depraved palate. The countenance now bespeaks a dreary waste of mind and body:—all is confusion and wild extravagance. The temper which previously partook of the grateful endearments of social intercourse, becomes dark, irritable and suspicious.—An insatiable thirst affords a pretext for the incessant return to the only means now left to relieve it: till finally, nature worn down by this excessive abuse, struggles to sustain herself by the intervention of a febrile diathesis. This, desperate as the remedy may be, has for a time succeeded, and which, though accompanied with strong organic affections, has notwithstanding enabled some to enjoy at least a temporary repose.

The fever which most commonly supervenes on those occasions, is of the usual period of Typhus, partaking on the first occasion, the character of Synochus, and evidently symptomatic of the vitiated

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ed state of the abdominal viscera. A full conviction of the enormity which led to the desperate consequence here described, will not always operate as a sufficient barrier against a repetition of similar excesses.—Perhaps there is not in nature a greater difficulty than that of restoring a professed drunkard to a permanent abhorrence of such a habit.—It therefore is but too often the case, that a disposition to fever, such as I have stated above, will frequently make its appearance, though in duration partaking more of the ephemeral species, which by reiterated attacks will change its character, and assume the decided form of *MANIA CORPOREA*. And here again, may be remarked the prevalence of fever, *sui generis*, accompanied with frequent and irregular exacerbations of the first attack, running on for six or eight weeks, and even three months, and eventually giving way in a gradual and regular manner.

The conclusion to be drawn from such premises may of course imply a favorable issue to an insane paroxysm, when owing only to such a cause, and especially when accompanied with a strong febrile diathesis, the advantages of youth, and some remnant of a good constitution. When on the contrary, the mischief has extended itself so far by repeated paroxysms, as to induce that peculiar action of the liver, which has been already taken notice of, there remains but a faint expectation of meeting the

^a Vide page 6.

the disease with a hope of subduing its inveteracy. The residue of existence seems to be composed of the mere shreds of what had been :—the lucid interval no longer cheers the vacant eye, or lends the hope to fond expectancy.—And yet, even here, there still remains sufficient to denote the retention of a discriminating faculty, by which the confirmed maniac will fully ascertain the extent of authority to which he finds he must submit: nor does he fail to place a just value upon such services as contribute to his relative enjoyments.

It is scarcely to be expected, that such unhappy sufferers can long continue, by a protracted existence, to be a burden to themselves or to those who might otherwise have an interest in their longevity. Maniacs are particularly liable to the sudden stroke of apoplexy and palsy, and frequently to the sudden appearance of watery effusions, affecting the organs of respiration; accompanied with edematous and anasarcaous swellings of the lower extremities.—Under the latter conclusive evidences of immediate dissolution, it generally happens on their formation, that the maniacal delirium entirely gives way to a perfect consciousness of previous and present circumstances, as well as of the more immediate importance of the CHANGE which is about to take place.

The lamentable and undeniable proofs of the existence of this complaint by inheritance, cannot be considered by the serious and intelligent, without feelings of the strongest emotion. The extent of
evidence

evidence which I have had to satisfy my previous doubts on this subject, tends also to confirm me in the necessity of considering the complaint as connected, especially in those instances, more immediately with a peculiar and original conformation, tending to corporeal derangement, than to any subtle *causation* which would employ the action of the mind, as the chief agent, even previous to the possibility of impressions being made on it, by which a proof of this action can be produced. In support of this opinion, I will merely refer to the numerous instances of what is indiscriminately termed mental imbecility, which have been known to manifest themselves on infants at the earliest age, and where the *pathemata mentis* at least have had no share in the evolvment. I can at this instant produce several young persons of from six to fourteen years old, who are now insane, and who have been reported to me as being *mischievous* since their infancy, and who since then, have continued to evince strong evidences of insanity. In the generality of those, I have been able to trace the cause by inheritance even to two generations, and almost invariably taking its course in the male and female line, without deviation from its original inclination. It appears that of the two sexes, the proportion bears more heavily against the latter; which cannot be wondered at, when we take into account the many exciting causes to which females are more particularly liable: such as those arising from difficult parturition,

turition, the sudden retrocession of the milk immediately on delivery : the irresistible force of sudden terror, or of severe disappointment, producing grief: or of the opposite, producing excessive joy or surprise. All of these, together with the congestion, which in sanguineous temperaments, may be supposed to take place at the period which the menses are naturally disposed to depart, will distinctly and in conjunction, one with the other, in habits previously disposed, tend to generate that inordinate action which constitutes the essence of insanity, in all its different modifications.

Amongst females it would appear, that where the inherent disposition to insanity has been remarkable, it but seldom happens, on the occurrence of any or either of the above exciting causes, that they ever fail to have their influence in some certain degree; whilst amongst males, though the proclivity be strong, it will often happen, even on exposure to that description of excitement to which they are obnoxious, that their resistance will prove superior to the threatened attack, and will continue to be so, until with the exception of a few particularities, it ceases to shew any decided impulse. It therefore will follow, that the number of females, *ceteris paribus*, must considerably exceed the males by a large proportion. This no doubt has held good on the whole; but certain it is, that under the general and direct influence of the two causes to which I have specially alluded, as engaging in a principal degree, the

the more active capacities of the male character, the number of the latter has been at times greatly superior.

It does not often happen that insane persons will arrive at what may be termed old age. I have seen some who have arrived at the sixtieth year, but those were for the most part such as had enjoyed long intervals between each paroxysm, or who had only continued in a state of relative quiescence from the commencement. Men in general do not survive the common causes of the complaint as frequently as women : yet the latter are more liable to sink suddenly under the severe impression of the causes already pointed at.

The prospect of relief or the apprehension of a fatal termination will of course be weighed with the force of the original exciting cause. When this can be referred to an inherent propensity, the expectation of a permanent cure cannot meet much encouragement. This however is particularly disposed to long intervals, and to run to the ordinary term of existence.

The appearances which chiefly denote a prospect of recovery, are not at all times easily to be defined : though they are in themselves, evident proofs of the approaching event. It has been universally allowed in those cases, where the violence of the symptoms has been most remarkable, that the expectation of a favourable issue may be the more confidently entertained. This may be the case to a certain extent ;
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but there are some instances on record amongst females, who from the sudden failure of the milk soon after parturition, have been violently seized with maniacal symptoms, and who have not had the least remission of the complaint to the final closing of the scene; which, rapid as it is in its approach, is not generally more so than may be wished for, under the afflicting circumstances invariably preceding it. Taking this as a principal cause of the extremity of violence which more directly leads to a fatal termination, it is to be admitted that a degree of insanity subordinate to it, and depending on a different cause, is often to be met with, and which from the general activity of the system, will admit of the influence of remedies adapted to such a state. It is therefore much more desirable that this should occur, in preference to the insuperable torpor which so often baffles every expedient to relieve.

Insanity is frequently accompanied with catalepsy, and will sometimes terminate in it. The appearance of catalepsy in any degree thus connected, is at all times unpromising, and most commonly fixes the complaint for life. I never witnessed more than one instance where a complete recovery had been effected after it had supervened; nor have I ever seen a case where it followed closely on the original attack, that death was not at hand. Females appear to be particularly liable to it.

The connection between insanity and epilepsy is too well known to require much attention from me.

It

It is also, but too well ascertained, that where the combination does exist, the hope of a cure cannot be admitted.

A species of insanity closely allied to paralyfis, is sometimes to be met with. I have seen Mania ushered in by paralyfis and *vice versa*. Where this affinity can be ascertained, the practitioner can effect but little to his purpose.

The importance to be attached to the particular appearances which denote the approach to convalescence and a final recovery, cannot be too highly estimated. They may in certain cases be viewed at a distance, and when this should take place, the opportunity offers of following up the method of cure with alacrity and confidence.

In a settled state of insanity, where the original cause can be traced to those impressions which influence the mental faculties merely, and where the organs of perception seem alike indifferent to every object, whether of emotion or interest, unaccompanied by febrile diathesis, there scarcely seems to be a pretext for offering the hope of advantage from any mode of treatment. When on the contrary maniacal symptoms discover themselves in persons under the age of thirty-five, and who have not suffered materially from previous infirmities, and who, on the first approach of the attack, have been induced to submit to the use of such remedies as may tend to relieve the more urgent symptoms of fever, it seldom happens, that by continuing to hold a steady

dy and uniform hand to that effect, but that a diminution of its subsequent influence will be effected, and will lead the way to permanent relief. The fever in those cases, as I have already remarked, is of an indefinite period, frequently continuing for ten or fifteen days only, and as often remaining six and twelve weeks, with imperfect intermissions.

I have invariably estimated the prospect of success from the degree and continuance of the paroxysm. When I have found it to subside speedily and suddenly on the first attack, I have ever laid my account on its hasty return with redoubled violence. In this I have never been deceived, though the interval had been in the strictest sense a lucid one. I therefore have been led to conclude, that the interval between any two paroxysms is in duration, regulated by the continuance of that which had preceded, and that as the complaint assumes a more benign aspect, the length of the paroxysm, as well as the interval, will encrease in mutual proportion: till at length, by taking advantage of the opportunity, the disease ceases to attract observation.

It will most generally happen in the state of convalescence from a long continued attack, when towards the conclusion, frequent remissions precede the approach of health, that from casual or incidental sources of irritation, a seeming disposition to relapse will create alarm, and a recurrence to measures of constraint will take place at a time when they may not only be altogether unnecessary, but
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also extremely injurious. Insane persons at this period will require the strictest watching, and yet, unless the absence of fever may have been completely ascertained, the practitioner will not be justified in pronouncing such fugitive irregularities as any more than an insufficiency in convalescents to arrange and account for the quick succession of natural perceptions, which, in this improved state, may be supposed to crowd upon the returning intellect. Under such circumstances, and having attained a thorough knowledge of the state, that had so recently overwhelmed them, they are ever disposed to become alarmed for the supposed consequences: they will frequently assume a sullen silence, bordering on despondency, suspicious to a great degree, of every measure, however obviously intended for their advantage. This, as it may be termed, the secondary state of the complaint, has been too often neglected, or rather confounded with the primary affection, and though requiring the utmost address in the point of view in which it should be considered, has unfortunately been productive of inhibitions, tending rather to a confirmation of those fears which had occasioned its existence; to the utter exclusion of all confidence and security. Too much attention cannot be paid at this important period, lest by persisting inadvisedly in a mode of treatment suitable only to the urgent and antecedent symptoms, we lose the golden opportunity of turning to account an occurrence of the first magnitude. In-

sane patients in this critical situation, are for the most part restored to the power of reasoning correctly on all abstract subjects, and although either ashamed or unwilling to acknowledge the propriety of the means adopted for their relief, still by their patient submission to deprivations very foreign to their former habits, they often tacitly own the expediency of them.

At this time the fever evidently gives way by slow degrees. The pulse which usually stood at 120, is reduced to 86. The urine begins to deposit a heavy, lateritious sediment, and the patient is sensible of a general moisture on the surface towards morning, which will sometimes become profuse and fetid. The countenance assumes a more placid aspect, and the eye, which would previously resist the most vivid light, becomes impatient of its influence. The orbit is less protuberant, and the pupil will contract and dilate from the usual impulse. The tongue which had been of a bright red colour towards the point, though heavily coated and swelled at the base, becomes moist and clean throughout, and the appetite for food daily increases. And yet, notwithstanding those satisfactory appearances, the delirium will still continue obstinate, more especially towards morning after heavy sleep, and not unfrequently early in the night, at its commencement.

An inexperienced practitioner may be discouraged at this seeming improbability of a favourable issue, and despairing of further progress, may be induced

induced to consign his patient to other hands, still less likely to profit by the advantage already gained. The consequences of such a step cannot be viewed without regret, as there does not remain a doubt but that the very ground upon which such a resolution may happen to be formed, is the principal one from whence the expectation of a permanent cure can be eventually entertained.

The general inferences which may be drawn from these observations are, that in all cases of insanity, strictly so called, where the first accession had been abrupt, and equally so in its departure, a renovation of it within three or four weeks at the furthest, may be confidently expected.

It has been already remarked that during those short intermissions, the symptoms will so effectually subside as not to leave even a trace behind, constituting what is termed a *LUCID INTERVAL* in the fullest sense. This will hold good after a series of accessions, till as the paroxysms begin to assume a more protracted form, the intervals will be less distinct, though of longer duration, and as the disease advances, they will run into the continued form, with occasional remissions only, marking by slow degrees the tendency to real convalescence.

I can confidently say, that I never yet witnessed a perfect recovery in recent cases of insanity, where the symptoms had suddenly given way; nor have I been of late years much off my guard,
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where the interval had been under such circumstances, free from every apparent remnant of the complaint.

If a statement were to be brought forward of the numerous cases upon which the foregoing remarks have been founded, this work would be swelled to an extent far beyond the object held in view. But as it is presumed such evidence may not give any additional weight to the principle laid down, or that an assumption of well arranged materials may seem to bespeak too much of method in compilation, I shall rather rely upon my own security, and freely offer for acceptance the product of industrious perseverance in a pursuit, in which mankind are in the present day most materially interested. I cannot however feel satisfied in dismissing this part of my subject, without giving the general outline of a case, in some degree applicable, and which from its notoriety in the circle around me, cannot in any degree be supposed deficient of authenticity.

Lieutenant W. of the Honorable East India Company's Service, aged twenty-eight, having experienced a severe alarm when on duty in a hot climate, which tended to excite sudden sensations of remorse, though not actually connected with guilt, was soon after attacked with maniacal symptoms, which at short intervals continued to afflict him with extreme violence. On his return to this country he was placed under my care when labouring under the direct influence of a renewed paroxysm. He exhibited

bited such extravagant aberrations from his previous character, as left no room to question the measure of his affliction. Though I had received a consistent detail of the occasional causes to which his misfortune was to be attributed, as well as the peculiarities which attended it, yet I allowed myself to be deceived by the favorable turn which his complaint had assumed, and which in a very few days, induced me to hope that there was an immediate prospect of his being fully restored. He had been so far indulged as to have free access to the entire range allotted for general recreation, and seemed to take an uncommon interest in accounting for the situation in which he was then placed: in doing so, he acquitted himself with great precision. He continued to pay the strictest attention to the rules prescribed for him, for nearly a fortnight, when on a sudden, after having joined in cheerful conversation, he began to turn into ridicule what had been saying, and immediately was transformed into one of the most ungovernable maniacs that had ever been received at the asylum. The necessary measures of precaution were of course directly attended to, and were unremittingly persisted in for a period very nearly corresponding with the term of the late interval; when he again resumed his usual deceptive appearances of tranquility. He was a second time indulged with the latitude commonly granted to convalescent patients. He now however became more reserved than formerly, hav-
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ing perceived that he was under continual observation, and at the end of three weeks, gave evident proofs of the necessity of treating him with the greatest circumspection. A repetition of a paroxysm in every respect similar to the former was no longer a matter of surprize, and it at length became so punctual in its approach, that the person appointed to superintend him, had the precaution on the day previous to the expected attack, to deprive him of his wearing apparel, lest as had been previously the case, it should be destroyed. This periodical attack, the most regular I had ever met with amongst males, continued for nearly six years to preserve the same exact order, and until the commencement of the seventh, when it was observed that the paroxysms had assumed a more lengthened form, amounting to nearly double the term, and that the interval had been prolonged in a similar proportion. Finding this case to correspond with several others, though more violent in degree, I was particularly interested in marking it; on perceiving the paroxysm to become for nearly six weeks free from any intermission, and at the conclusion of that time, after some remissions, to terminate in a regular state of convalescence: which, though very tedious, still led to his final recovery. From former circumstances I was not readily induced to place implicit confidence even in those auspicious appearances; though they had so uniformly tended to confirm the expectation I had previously admitted.

ted. I therefore for a considerable time beyond the usual term of probation, continued to resist all overtures made to me for his liberation, nor did I undertake to dismiss him for twelve months from the date of his apparent recovery.

It may be readily supposed that this proof of a tendency in certain cases of insanity to change their type and form, and to adapt themselves, even under the most unpromising aspects, to means conducive to amendment, has contributed in a most satisfactory manner to support the opinion I had already formed on this subject; as well as to impress upon my mind the impropriety of giving up as hopeless, any case of insanity, so long as the vigour of youth or a disposition to a diversified form of the disease had continued. The case here recorded has in the fullest sense put the matter beyond dispute, as it shortly followed, that the gentleman alluded to was reinflated in his former situation, and after having performed a voyage out to the East Indies, and home, he continued three years in this country without experiencing the smallest return of his illness. I have since found, that from some occasional irregularities, it was again requisite to have him brought back to the asylum, at the distance of five years after his dismissal; where he remained for one week only, and was again enlarged under a solemn promise of avoiding in future, all such dangerous excesses as led to his second confinement. Two years have now elapsed, and I have

no reason to doubt his continuance in perfect health.

There is no general proof more indicative of stability in a person recently recovered from an insane paroxysm, than his running rapidly into a state of corpulency ; nor is there any appearance less encouraging than extreme emaciation in the paroxysm, and a continuance of it during the interval. A voracious appetite generally accompanies this state of emaciation, and most generally attends those patients who degenerate into the state of dementia.

METHOD

METHOD OF CURE.

IN entering on the consideration of maniacal remedies, I would wish to have it understood, that their application in the general sense, bears relation to that form of insanity in which the introduction of any particular medicine, or the employment of any medical mean, can be supposed to have a reference to that form only, which may be traced to causes evidently founded on material action, and principally connected with those which I have already specified. And although it may be very fairly argued that some do more especially derive from impressions peculiarly connected with mental infirmity, yet it has so seldom happened, that evidence of organic lesion does not manifest itself even in those, that it has become a question with me if at any time that form of insanity takes place, which may be strictly termed the insanity of the mind, and altogether unconnected with a diseased action of the corporeal functions. It cannot at the same time be denied, but that causes more immediately producing a perverted action of the sensorial power, in the first instance directing its influence on the operations of the mind, will in effect, constitute the disease

ease of insanity in the general acceptation, though in reality attributable to a previous mal-conformation of parts; constituting some persons less capable than others of averting the sudden shock of tumultuous or depressing passions, and inducing the disease in all its different varieties, according to the original temperament or prevailing idiosyncrasy.

In pointing out a mode of treatment under those circumstances, it may perhaps be very readily granted, that the basis upon which the expectation of advantage can be formed, will be in a good measure determined by a reference to the nature of the excitement, as well as to the period at which the accession had first been ascertained. Where this can in any degree admit of a favorable prognosis, the practitioner has to undertake a duty, in itself the most interesting, arduous and intricate of any to which professional skill and assiduity can possibly be applied. He must set at nought the prejudices of those, who from superstitious acceptations, are ever ready to frustrate his best endeavours, and steadfast to his purpose, he will penetrate into the very recesses of those contrivances, of which the ISOLATED MANIAC in his imaginary ascendancy, conceives himself to be the sole arbiter.

The first introduction of a Physician to a maniacal patient, carries with it that extent of credence, by which his worth and quality are shortly decided upon. He immediately becomes subject to the closest scrutiny of all parties, and his actions are
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viewed with as much vigilance, as though the intent of his visit had been to inflict a punishment, rather than to heal a wound. To the patient especially he becomes a personage for minute observation, and even here, the conclusions drawn from exterior appearances are not by any means to be disregarded. That share of deference and estimation to which he would aspire, and which are so essential to the nature of his undertaking, will be freely granted, or as obstinately denied, according to the method by which they may be exacted at the first interview. There are but few general rules by which his conduct in this instance is to be governed, and, as the first impression is of the highest moment, it cannot be regulated with too much caution. The vulgar and too generally received opinion, as to the necessity of a Physician making his first approach to the *matted couch* of the unhappy maniac, with the assumed aspect of unbridled authority, bespeaks a principle sufficient to deter men of character from attending to this important department of the medical profession. That this has hitherto been a source of complaint and irreparable mischief, is a fact too well known to admit of contradiction; nor is it much to be wondered at, that men of enlightened minds should think it more expedient to shrink from this line of practice, lest through their efforts to mitigate the horrors of insanity, they may be confounded with the mere hireling, or ranked amongst the mountebanks of the day. To a person however, long in
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the habit of administering to the necessities of the insane, this objection will be of minor import, and if he have profited by his experience, he will soon discover that to labour with effect, he must be any thing but a tyrant, or a proficient in the art of foppery and grimace.

Maniacs when in a state to be influenced by moral agents, are not to be subdued *ex officio*, by measures of mere force, and he who will attempt to impose upon their credulity by aiming at too great a refinement in address or intellect, will often find himself detected, and treated by them with marked contempt. I have more than once seen this incautiously practiced in cases where the perceptive faculty had been but in part suspended, and where the patient had really conceived the gentleman in attendance to be insane; so fixed was this idea established, that all confidence and submission were at an end, no other care remaining but that of having the Doctor properly secured, to prevent his offering violence to himself or others. This observation, points out very forcibly the impropriety of holding the indiscriminate intercourse with the different gradations of insanity, which is to be met with in large establishments; it requires to be so particularly guarded against, that I have in consequence made it a special point on my *review days*, to converse for a few minutes with each patient, on the subject which appeared to be most welcome to his humour. By a regular attention

to the duties of this *parade*, I am generally received with as much politeness and decorum as if every individual attached to it, had a share of expectancy from the manner in which he may happen to acquit himself on the occasion. The mental exertion employed amongst the convalescents by this species of address is very remarkable, and the advantages flowing from it are almost incredible. Hence it will appear that to know with precision the point most assailable in the business of conversation, is a matter of no small moment in further operations, and especially in general orders, which should at all times be given out in the most direct and impartial terms, without reference to the will or pleasure of the parties concerned: here it may be fairly said, that the "*suaviter in modo, fortiter in re*" may be applied to the most efficient purpose.

It has been allowed very generally, that the attempt to argue an insane person out of the opinion to which he may at the moment seem to be most attached, is even worse than labour in vain. In those cases where the difficulty is greatest, the effort on the part of the attendant is sure to be productive of additional mischief, as it most commonly happens, that at such a time, the prevailing hallucination is so intimately connected with the root of the complaint, that in order to modify the one, the other must be fairly eradicated. All argument therefore on those occasions should be carefully avoided, for although conviction may for the instant follow,

it, it will be only to make way for a succession of other erroneous conceptions, not less extravagant or dangerous than the former. I therefore am entirely of Doctor Coxe's opinion in this respect, that to talk *at* rather than *to* insane persons, with a view to convince, is the surest mode of exciting the train of natural ideas, to which the most laboured and methodical contrivance, when directly applied, will be found altogether incompetent. I am further disposed to urge the inexpediency of meddling much in this way at any time; unless towards the conclusion of the complaint, when the danger of misapplying the admonition of a cautious companion is less to be apprehended. I have known very disagreeable impediments thrown in the way of recovery, by the busy, opinionated interference of well meaning friends, who, impatient even of a remnant of mental debility, would attack it, by a *coup de main*, and by so doing provoke the return of a host of absurdities, in support of the one prematurely pointed at. On the whole, it will be found that the less notice there can be taken even of the most obstinate fantasies of the insane, the less disposed will they be to retain them. So fully satisfied am I of this, that I never think of diverting them from their opinions, until they begin of themselves, to show surprise at their credulity. On the contrary, I make it a rule rather to coincide with their greatest extravagancies, unless where the delirium of fever would enjoin the strictest silence, or the disposition to commit an injury, a positive interdiction.

The more urgent symptoms which an insane person *prima facie* seems chiefly to contend with, are those in the young and the plethoric, of the sanguineous and sanguineo leucophlegmatic temperaments that owe their prevalence either to an increased determination of arterial blood to the vessels of the head, or to an increased action of their muscular fibres. To what specific cause this is to be attributed, I shall not now undertake to enquire; though there are few considerations connected with this subject more worthy of attention: especially as it can be very readily ascertained, that even in temperaments of the above description, occasions of unusual impetus in the circulation do frequently occur, without producing any of the calamities here referred to.

That there are other temperaments equally disposed to maniacal affections is equally certain: in those however, there is strong reason to suspect that the malady has been acquired, and may be referred to causes not connected with such as are to be considered as peculiarly predisposing. In all instances, whether of the sanguineous, or of the sanguineo melancholic, I have long entertained an opinion, that in whatever degree the arterial action did consist, there did at the same time follow a torpor of the venal system, effecting a diminution of the equilibrium so essential to the preservation of health. It would therefore appear that at the extreme vessels of each, where the increased impetus of the arteries of the head have to contend with the diminished

nished action of the veins, there must exist as a consequence, an overdilension of the former, whilst in the latter, an indolence in receiving the due proportion of blood, superinduces a rupture of the minute arteries in the one case, or by an effusion of serum lays the foundation of those symptoms which mark the progress of the disease, and explain those phenomena of madness which have been discovered on dissection. From conviction of the justice of this remark, I have refrained as much as possible from directing *VENESECTION* in this complaint. I have not been able to note its good effects in any instance, or to observe those appearances in the blood drawn, which might be supposed to correspond with the general character of the disease. On the other hand, where through choice I have been induced to open the temporal artery, and where the symptoms had not been of such continuance as to forbid the use of the lancet on encouraging terms, I have not been disappointed in my expectation of rendering essential service. This operation in recent cases of insanity, affords the most direct means of diminishing the excessive impetus of the heart, and thereby of affecting such a share of quiescence as gives the most immediate relief, and also a speedy opportunity of applying such other remedies as are best suited to subdue the violence of the paroxysm. Bleeding to any great extent does not often seem to be desirable, and except in recent cases, does not even appear to be admissible. Unless
therefore

therefore in young persons, where the pulse stands at from 96 to 100, with a white tongue, hot skin and suffused eye, it should not be resorted to. When these appearances are present, it will undoubtedly be found expedient, if not essential to the safety of the patient. But the great tendency in all cases of insanity to change their type and form, the great inequality of the circulation and the subsequent torpor even of the arterial action, accompanied at times with excessive debility in the most acute cases, would establish the propriety of looking carefully for the unequivocal appearances which would alone give a sanction to it as an anti-maniacal remedy.

The use of EMETICS in all febrile affections, had led practitioners to place a just confidence in the employment of them here. The advantage to be derived from their operation on the system at large is so fully established, that I need not take pains to recommend them on that principle, and their direct influence on the excessive action of the turbulent maniac, deserves every attention.

Were it possible for a practitioner at all times to meet the incipient form of insanity, as he not unfrequently does the first approaches of fever, and other acute diseases, he might with effect, interrupt its progress, or at least deprive it of its severity, by the timely interposition of an emetic. But unless he may happen to be so fortunate, or should he only meet the complaint at its maturity, he had better

argue with himself, previous to his complying with a too generally received opinion as to their indiscriminate utility. The propriety of relieving the stomach from indigestible impurities, or of altering its action by the effort of vomiting, I am very willing to subscribe to; though I cannot too forcibly resist the practice of administering emetics to insane patients in such doses as may suddenly promote the violent action of the stomach, at a time when the vessels of the head may be surcharged with arterial blood, and when the danger of overdistension is to be apprehended.

I have been a witness to very disagreeable consequences arising from the want of necessary precaution on this head, which have deterred me from directing full emetics in any case. To obviate the danger which I have been induced to guard against in this particular, I have been invariably in the habit either of previously directing a strong purge, as preparatory to the emetic, or of combining it with the purge in solution, so that as great a certainty of the operation of the one, as of the other, may be fairly expected. In doing this, I have been equally cautious to direct the *quantum* in divided doses, at regular intervals, so as to maintain a considerable degree of nausea, until such a portion of the purgative ingredient had been taken as would eventually secure a copious discharge from the intestines. Under such circumstances, there will not be any ground for alarm at the free operation of the emetic,

emetic, as it most commonly happens at the first or second effort, that the action of the bowels quickly succeeds, so as to satisfy all anxiety on the score of partial determination.

The great obstacle which has so frequently been opposed to the operation of emetics in insane patients, has been with me as well as with others of the profession, a source of much difficulty, and contrary to the positive assertion of Mr. Haslam, is only to be overcome by such an extra portion of the medicine, as would be requisite in other cases to operate fully on three ordinary persons. In several instances, a portion of four times the usual quantity has been given before the effect was produced, and without any remarkable inconvenience. I have also before me the case of a lady of distinction in this county, who about two years ago was attended by my late much esteemed friend Doctor Bennett and me, for whom we were under the necessity of directing sixteen grains of the tartarised antimony, before the action of the stomach had been excited. In this case, nothing beyond the common appearances of insanity had presented themselves, and although the lady had been of the most delicate form, still the effect of such an immoderate portion of the medicine was far from being excessive or troublesome.

How to account for this want of sensibility to so powerful an agent, except on the general principle of torpor, I own myself at a loss. This, succeeded
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by the mass of mucus matter with which the stomach seems in such cases to have been loaded, and which may act as an *envelope* to any foreign body, will be admitted as a powerful cause for the tedious operation of the remedies intended to excite the action of that organ.

The combination of a purgative with the emetic in this case, may answer a two-fold purpose, by diverting a certain portion of this mucus downwards, and thereby expelling it, and also by exposing a surface in the stomach to the action of the emetic, by which an additional discharge of feculent fordes has been accomplished. The tartarised antimony has had in my estimation, a prior claim to all others of this class; as being more soluble in water, and more certain in its operation. I usually direct four grains of it with four ounces of vitriolated magnesia in eight ounces of hot water. Of this solution one ounce is given every hour, till some vomiting or purging be produced. I generally find that one or the other will take place eventually, but in nine out of ten cases, the entire solution is expended before any discharge is brought about, and it is no unusual occurrence to find that a second is called for and consumed without inconvenience. By giving it at such intervals, it so happens that immediately on the first effort to discharge the stomach, the bowels also become affected. The nature of the discharge in both cases affords abundant evidence of the necessity of the measure; and the repetition
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of it for some days after, though at much longer intervals, will continue to produce a gentle *catharsis*, of a similar nature as at first, attended with a slight degree of nausea; until at length, the colour of the feces, which had been previously dark and slimy, accompanied with an intollerable fetor, now assumes a natural bilious appearance, and is less offensive: when also, the breath, which had been peculiarly tainted, ceases to attract attention, and the system at large seems to enjoy at least a temporary repose.

I can safely undertake to say, that in recent cases of insanity, by persisting in this mode of treatment, I have frequently without any other remedy, completely effected a reduction of the maniacal hallucinations, within ten or fourteen days from the commencement; so as to be able to follow up the plan of cure in a most satisfactory manner.

In treating of the advantages to be derived from the use of emetics in maniacal cases, I have been necessarily obliged to enter on the consideration of the PURGATIVE SYSTEM, in a combined point of view, and to such an extent as to provide against the necessity of going more distinctly into that subject. In taking this licence however, I do not mean to lessen the confidence which is inseparable from the estimation Physicians in all ages have placed in the active co-operation of this mode of cure. Speaking generally of it, I would say thus far, that it is almost invariably the first and most important

portant consideration to be attended to during the progress of an insane paroxysm. At the conclusion, and even at the more advanced period of convalescence, it will be found of the utmost consequence, not only by subduing the frequent disposition to a recurrence of the symptoms, but also confirming the point of recovery by a moderate continuance of it, long after the disorder has ceased to make its appearance.

It most generally happens in the greatest proportion of patients who come under my care, that the necessity of a smart purge fully indicates itself previous to any attempt to affect the stomach by emetics. As often as this occurs, and where the patient can be induced to take medicine freely, I prefer the use of the submuriate of mercury, united with a small portion of the antimonial powder and as much jalap, in the form of pill or bolus, as will secure its direct passage through the bowels. By this, a slight degree of nausea is excited, though never to be complained of, and the effect by purging is so copious, as in a great degree to account for many of the difficulties which had previously existed.

The relief to be obtained by this plan will continue for twenty four hours at the least; after which the circulation quickens, and the general symptoms of fever which had been much abated, now betray themselves in a more lively form. The subject of the delirium also changes its character, and evinces a disposition more to gaiety than sadness. To this, there

there rapidly succeeds a most obstinate state of constipation, attended with acute pains darting through the head and sometimes fixed, either at the occiput or os frontis. At this time the patient is deprived of all tendency to sleep, and scarcely knows a respite from the most wearisome exertions. Under such distressing circumstances, the slow introduction of the emetic solution combined with the neutral salt, where it can be given with punctuality and effect, affords not only the certain diminution of pain, but also the more welcome enjoyment of sleep. The too frequent repetition of this solution combined with the antimonial, cannot for obvious reasons be persisted in. Having once had its full effect on the stomach, it may not, unless in cases of exacerbation, be again directly admissible. With a view only to its emetic quality therefore, it should be dispensed with; yet, where the previous symptoms remain in force, and where the necessity for a continued purging is still urgent, the solution with about one half the quantity of the emetic tartar, given occasionally, at the intervals of three or four hours will, by preserving its influence in a gentle manner, continue to afford a relative share of tranquillity, conducive still to the design of further amendment.

The extreme difficulty which so often opposes itself to the proper employment of those remedies, makes the attempt to do so at times almost nugatory, and gives the Physician as well as the persons acting under him, an infinite share of trouble and disap-

disappointment. Having once failed in the effort to influence a maniac to take medicine, or in the means of forcing him to do so, he prides himself in having baffled the ingenuity of his attendants, and will readily acquire additional courage from having thus far prevailed. He in consequence becomes suspicious of every movement of those around him, and at length refuses to take his usual sustenance, lest it may contain some medicine, or as he more commonly expresses himself, a poison intended for his destruction. I have known maniacs labouring under such apprehensions, to remain fourteen days together without receiving nourishment of any description, until nearly at the last extremity, when being no longer capable of resistance, they had submitted to be fed with such food as would readily pass down, and notwithstanding have been by this means preserved from the natural consequence of inanition.

By artifices of different descriptions, insane persons on those occasions, will readily be deceived into compliance with the directions of a Physician. His assumed authority will frequently be sufficient for the purpose, and if he be but cautious not to overact his part, he will not often find himself unsuccessful. A determined mode of conduct, once or twice repeated, so as to subdue every opposition by dexterity, rather than by force, will tend to overawe the patient, and to create a tacit acquiescence, instead of a spirited opposition. Unfortunately

nately however, there are several instances of insanity to be met with, where the possibility of gaining any such ascendancy is out of the question, and where through excessive obstinacy, every measure of finesse or persuasion will be of no avail. Hence very often, such a degree of constipation, as well as an obduracy in refraining from every kind of remedy or sustenance, becomes so alarming, that all hope of even prolonging the life of the patient seems at an end, and death has in several cases on record, quickly ensued from this sole cause.

Fortunately for practitioners in this department of the medical profession; a safe and effectual remedy for the unhappy disposition of maniacs here referred to, has been made known to the public through the practical work of Doctor Cox, who, though he generously gives the credit of the invention to the late Doctor Darwin, was the first who had the courage to apply to practice the use of the CIRCULATING SWING, and which is now become of so much consequence in the cure of maniacs of almost every description.

From having repeatedly found the want of some such subduing power, I was not slow in taking advantage of Doctor Cox's observations on this subject, and accordingly sat about erecting machinery for this purpose, immediately on the publication of the first edition of his book. Having completed it to my satisfaction, I have been enabled in a most ample manner, to put fairly to the test, the extent of
credit

credit due to this invention, and, where I feel myself called upon from a sense of duty, to make a report upon a matter of so much importance, I also feel the most particular satisfaction, in having it fully in my power to acknowledge the debt owing to Doctor Cox, by the Public at large, for the value of his labours, and especially for his excellent application of the circulating swing, as "a moral and medical mean" in the cure of insanity.

My present object not extending to the enumeration of the several proofs of its efficacy which have within the last three years come within my particular observation, I shall content myself with stating, that since the commencement of its use, I have never been at a loss for a direct mode of establishing a supreme authority over the most turbulent and unruly: by which means, the extended range which occupies my daily attention in this city at the public institution, and which heretofore presented an unavoidable scene of difficulty and confusion, has since become rather remarkable for its tranquillity, and observance of regularity and order.

The special advantages to be gained from the medical treatment of maniacal patients through this medium, are, as far as I have been enabled to judge, of the utmost importance, and though I cannot undertake to say that it is exclusively to be relied upon on all occasions, yet several have occurred, in which its peculiar efficacy is shown to be incontrovertible.

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The persons amongst whom I have been in the habit of using the swing with evident success, are those who have been recently attacked with maniacal symptoms, and who, previous to its employment had been sufficiently evacuated by purgative medicines. Or those, who after reiterated attacks, at short intervals, had been subjected to its operation immediately on the accession of a paroxysm. There are also others for whom it has been found particularly useful, and to whom Doctor Cox has strongly alluded. I mean those already mentioned, where no influence can be exerted sufficient to effect a medical purpose, or even to maintain the common energies of life.

I confess I have ever held in view in those instances, as well as in every other professional undertaking, the propriety of adopting such methods of relief as were attended with as little trouble and difficulty to my patients in the attainment, as the case could possibly admit of. I therefore have not on every occasion applied to this "*Herculean remedy*" even where the violence of the symptoms might have justified the expedient: nor have I ever done so, where I found that the introduction of other remedies had been sufficiently in my power and likely to be productive of the desired effect. It will however sometimes happen, that though insane persons will be easily induced to take any kind of medicine with the utmost alacrity, and that these will tend in the general sense to a diminution

minution of the more urgent symptoms, still the great and important *desideratum* sleep, cannot be obtained at any fair price, and of course the disease continues to advance in a more determined form. Here then is the point to which the swing may be directed with the most advantage. Under such circumstances, I have had the satisfaction in numerous instances, to effect the much wished for influence of sleep for many hours in continuance, with the least possible inconvenience to the patient. On those occasions, where sleep was the primary consideration, I have invariably adopted the plan of continuing the patient for an unusual length of time under the action of the swing, at a very moderate rate, and if possible without affecting the stomach to the extent of vomiting; by which means, I have frequently succeeded in detaching him from his aberrations, and in fatiguing him, by this protracted mode of gestation, so as finally to induce the most placid sleep, and so very soundly, as scarcely to be disturbed by the attendants when in the act of removing him to bed. Sleep obtained in this way, is sure to be accompanied with a gentle diaphoresis, which seldom fails to bring about a degree of consciousness and tranquility, sufficient to establish the merits of this remedy in an eminent point of view. The repetition of it will of course be directed by subsequent circumstances, and as the dread of it very soon predominates, even at occasional allusions to it, those will often suffice, although the disposition

disposition to violence may again have made its appearance. It therefore should be held in reserve as long as possible, and should not be repeated unless where the necessity for doing so may be equally imperious as at first.

The advantages arising from this mode of treatment in the intermitting form of insanity, cannot be too highly estimated. Several proofs of its superior efficacy have come within my observation, where, immediately on the formation of the paroxysm, the symptoms have altogether subsided on the first effort to reduce them in this way. Of this, a particular instance has occurred in the case of the officer already mentioned, who had not previously any opportunity of deriving benefit from the swing, and who, on the occasion of his re-admission into the asylum, was within a week, evidently from its direct operation, fully competent to resume his usual occupation. As far as I can understand, this gentleman has continued in perfect health, now after a lapse of two years and-a-half.

Though I have a strong objection to the employment of the swing in any degree, where an inordinate determination to the vessels of the head may be present, and especially in young plethoric habits, yet, with the obstinate and furious, who set at nought all regimen and restraint, as well as others of the melancholic, a still more untractable description; its influence, by exciting in the one a sufficiency of alarm to insure obedience, and in the other
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a natural interest in the affairs of life, will at all times give a facility in rendering to the former a proof of his impuissance, and to the latter, better views of a SUPERIOR AGENCY.

As a "moral mean" therefore, when those varieties are to be contended with, the swing has under my own eye, been productive of special advantages, and has by a very few efforts, so totally altered the character of the hallucination, as immediately to afford the opportunity of meeting the prospect of recovery with effect.

Speaking of the swing as a medical mean in the general sense, the following observations respecting it have repeatedly occurred to me and appear to deserve attention.

Its uses do not seem applicable to the cure of insanity in any form at the commencement, at least until after the violence of the paroxysm has subsided, and especially until the patient has undergone such evacuation by purging, as may be sufficient to guard against the danger of increasing, by an abrupt rotation, the morbid determination to the head already existing.

The horizontal position in the first effort, seems less liable to objection on this score, and should be preferred as long as the desired effect can be produced by a continuance of it. When this cannot be accomplished, great care should be taken in tall persons, when placed in the erect posture, to prevent the hanging over of the head, otherwise a disagreeable

agreeable suffusion of countenance will take place, affecting the orbits of the eyes, and which frequently leaves an *echymosis*, giving the appearance of unnecessary severity.

Where the object in view may be, in obstinate cases, to affect the patient by full evacuations, the erect posture is to be preferred. By this means, on increasing the motion of the swing gradually to the degree of circulation wanted, the effect will be more certainly produced, than by giving it velocity at the beginning. By attending to this, I have been but seldom disappointed, and in most cases I have been able to excite the sudden action of the bowels, stomach and urinary passages, in quick succession: particularly by reversing the motion of the swing every six or eight minutes, pausing occasionally, and by stopping its circulation as suddenly as possible. It will often happen that the action of the stomach only will be excited, notwithstanding the continued rotation for some time after. In this case, I have generally found patients so subservient to my wishes, as willingly to receive any medicine prescribed. I therefore have availed myself of the opportunity, by giving the calomel purge at bed time, and when necessary, the purgative solution on the morning following. The discharge which has succeeded under such circumstances, has often surprised me, as much by the extraordinary magnitude, as by the density and fetor of the motions.

The recurrence to the swing in two or three days

after in either position, according to the present necessity of evacuation or of sleep, will be found not only perfectly safe, but also sufficient for the purpose. For the first, I have satisfied myself that the erect position is to be preferred, and where the object of sleep may be more immediately desirable, the horizontal position, continued in a moderate degree, will in the greater majority of instances, produce that effect in so happy a manner, as to supersede the necessity of other expedients, more uncertain and hazardous in their operation.

In some few cases in private practice, where the use of the circulating swing could not readily be obtained, I have contrived to confine my patients in hammocks, slung by two parallel ropes from the ceiling, and supported from the angles by cords with eyes, hooked to the perpendicular supporters; which, after the oscillatory motion had been continued for a time, by twisting the ropes to their full extent, so as to let them return by retension to their former position, has been eventually found sufficient to create nausea and vomiting to a considerable degree. This, from its vertiginous quality, having produced surprise, and some share of tranquillity, has been followed by sound sleep, and the attendant continuing a rocking motion of the hammock for some time after in a dark room, has contributed to prolong it for eight or ten hours without interruption. Such a method of subduing a furious maniac has succeeded with me most effectually.

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It deprives him of all power of resistance, and prevents the possibility of injury, in his efforts to liberate himself; which too often has happened from the common mode of restraint, where the patient has the power to strike or beat himself against a wall or bed-post.—By this means he can be completely invested, and kept sufficiently warm; and where the attendant will be but prudent in the due observance of silence, the disposition to a return of violence will be expeditiously restrained by the repetition of this gentle expedient.

The circulating swing erected here, has been modelled from the suggestion of Dr. Cox. It is worked by a windlass, and capable of being turned an hundred times in a minute, and can with ease be regulated to the degree best suited to the intent. It is so contrived, that four persons can if necessary, be secured in it at once, by dividing the platform attached to the perpendicular shaft into four equal compartments, which may, by removing the partitions, be occasionally adapted to the horizontal position. Powerful as this machine has been proved to be, still in some cases, where its influence has been much sought for, it has had little or no effect, though actually put in motion to its full extent. The idiots belonging to the establishment have used it sometimes when permitted, as a mode of amusement, without any inconvenience or effect whatever, and others during the intervals, with equal

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satisfaction;

satisfaction; who, on the recurrence of the paroxysm, have not been able to resist its most gentle rotation for five minutes in continuance.

In several cases of continued insanity, where I have been induced to call in the aid of the swing as a *derniere* resource, I have been most agreeably surprised at the unexpected alteration which it had effected after three or four trials. In some, who from an inclination to commit assault, and who through necessity, had been closely confined to solitary apartments, it had so operated, as not only to render them easy of access, but also of kind and gentle manners, and in the end, of the most willing disposition to aid the servants of the house, in the usual occupations of cleanliness, and in the attendance on others. It may be essential to remark, that those persons, previously to any such alteration for the better, had been invariably attacked, from the repeated use of the swing, with a smart fever, of eight or ten days duration, and from which incident the favorable occurrence above alluded to seemed to have emanated. I cannot undertake to say that where the disease had assumed the chronic, and uninterrupted form, any one instance of complete recovery had as yet succeeded to its use; yet, as it has even thus far established its great utility, it is to be presumed, that no well regulated institution intended for the reception and relief of insane persons, will be unprovided with a swing of a proper construction, as a curative expedient, and

as eminently adapted to the purpose for which it stands so particularly recommended.

The remarkable prostration of strength which so suddenly succeeds to the full effect of the swing in all cases where benefit is to be expected, and which to a person not aware of its direct consequences may create alarm, would of itself enforce the propriety of careful superintendence, whenever its operation should be called for. Its immediate influence in lowering the circulation, and general temperature of the body, has sometimes excited much uneasiness in my mind, which, though of short duration, has taught me to believe, that if committed to more incautious hands, mischief must have inevitably followed from too bold a confidence in the strength of the patient.

The swing, considered merely as an antimaniacal remedy, has as well as others of repute, entirely failed; even where it had previously seemed to be fully applicable, and although it had been sufficient in its sensible operation. In such cases, and indeed in all others, I cannot advise too frequent attempts either to impress it into the service, or to exact from it more than it can yield by two or three well directed efforts in the course of each paroxysm. In the one, it will only tend to produce the most painful apprehensions on the part of the patient, where such had not been desirable: in the other, by over zeal, the good already obtained may be placed at a greater distance.

In

In the incipient stages of mania, where the more active and determinate symptoms are to be opposed by remedies tending to depletion, the physician can seldom be at a loss to meet the indication, provided he can be so fortunate as to have his prescriptions duly administered. These will frequently answer the object of his solicitude, and he will occasionally have to cheer himself on the result of his successful treatment of the disease. It will also happen, after his having accomplished as much in this way as a prudent practitioner would venture on, and with evident diminution of symptoms, that still in the essential points, no permanent good is accomplished. He will have to contend with the confirmed form of insanity, and to view it in its progress with perplexity and doubt. The usual routine of medicine has been tried, and found insufficient to the necessary purpose of repose, and a regular disposition to sleep, "with all appliances and means to boot" continues to be denied.

Although I cannot have any pretensions to originality by avowing a confidence in the use of the DIGITALIS, when adapted to the cure of insanity, I yet have the satisfaction to think, that I have contributed to place its merits as an anti-maniacal remedy, on as high a scale as can well belong to any one subject of the materia medica, which still holds rank and credit in the cure of diseases. Having premised so much, it might necessarily follow that a circumstantial detail of facts should be given in supporting the

the character of this valuable drug. But as I studiously for the present, would avoid any arrangement of cases in illustration of the facts of which I am fully in possession, I hope I may be excused in giving the outline of one only, and in so doing, I shall endeavour to be as circumstantial as it will admit of.

From the previous character with which the digitalis had been brought forward, originally as a specific in the cure of anasarca, phthisis pulmonalis, &c. and from its known and direct influence on the circulation, as a sedative, I, as well as others of the profession, have been led to suppose that it must be a remedy particularly applicable to the relief of maniacs, in the violent stage of the complaint. I accordingly took several opportunities of ascertaining its power, and after frequent trials, was altogether at a loss how to account for the reason why it happened; that the young, sanguineous madman, in his first attack, who was not to be sickened by a triple dose of tartarized antimony, could not under such, apparently, parallel circumstances, bear the introduction of five drops of the tincture of digitalis, without being ruffled by extreme sickness and vertigo? Not having been able to discover the cause of this disappointment, I had not the temerity to persist long in my previous expectations, nor the inclination to venture on the use of it, amongst the more advanced and less turbulent. The consequence of this was, that for better than two years after, I laid aside the use of it altogether in cases of
 insanity,

infanity, and would still in all probability have been in the dark respecting it, had not accident discovered the precautions necessary to be adopted, in order to insure the benefits which it is capable of bestowing.

Having had occasion to repeat my attendance on a young gentleman, about three years since, with whom I had previously made several attempts to introduce the digitalis in various forms, and with whom it had manifested the most deleterious appearances, though commenced with the strictest moderation, I now, after having discontinued my attendance for fifteen months, had to treat him somewhat more on a stimulant plan, rather than on the principles which his former symptoms would admit of. The general relaxation which had taken place tended more to dementia, and the difficulty of procuring sleep was not to be overcome by any ordinary method. He became dangerous to all within his reach, and exhibited as probable a subject for continued infanity, as any I had ever met with. My only hope here of affording relief was in procuring sleep, by a generous diet, and the continued use of opium in small quantities. I therefore directed that ten drops of the tincture of opium, should be given every two hours, till sleep should be obtained. Having learned that a bottle of laudanum was at hand, and not doubting it, I took my leave. At my return the following day, I was informed that my patient had enjoyed eight hours of sound sleep,

sleep, and was much relieved. On examination I found that his pulse had come down from 120 to 96, with some intermission. He had now taken sixty drops, with evident advantage in every respect, but betrayed none of that heat or confusion which usually attends a full dose of laudanum. Having suspected some mistake, I called for the bottle, and soon discovered that the tincture of digitalis, which had been formerly ordered for him and laid aside, had been here inadvertently substituted for the tincture of opium. This was too plain and too important a fact to escape observation, and the idiosyncrasy, which could at one time oppose the use of this medicine even to the extent of five drops, and at another period of the disease admit of it to the above amount, could not be disregarded. This evidently goes to prove, that the digitalis is not admissible unless where the system has been previously reduced by proper evacuants, and that although its sedative quality cannot be questioned, yet that it cannot be usefully exerted under the circumstances of high arterial action. In this case there was no room to argue otherwise, and seeing the way open, I pursued the track so happily pointed out. Having explained the circumstance to the family, I advised that the influence of the digitalis should be regularly preserved, and finding the pulse already affected, I directed the medicine to be repeated every six hours only. I had the satisfaction to find on the following

following day, that my patient had spent the night with great tranquillity and had slept several hours. He had now become conscious of his late eccentricities, and raved much less. The pulse was still, a good deal affected by the drops. After having continued them for six days in the same manner, I at length, finding the circulation firm and general appearances much improved, directed an additional drop to be given at every dose. He gradually was able to go as far as sixty, three times a day. I found in the attempt to push them further, a strong inclination to his late violence, and therefore omitted them for two days. In the interval, I had him smartly purged by the bolus of calomel, antimonial powder and jalap, as formerly mentioned, assisted by the purgative solution. He again returned to the digitalis at twenty drops three times a day, and after a few days it was directed to be gradually increased as before. He at length, was able to go as far as one hundred drops at a dose, with such evident advantage, as left no room to doubt its utility. This plan was uniformly persisted in for several weeks after, and though a disposition to relapse had sometimes made its appearance, he finally overcame it, and has continued in perfect health for the last two years.

The singular advantage to be obtained from a judicious use of the digitalis in real maniacal cases, has now become so fully established in my mind, that where cases do occur sufficiently calculated to admit of

of its employment, or likely to do so, I am induced to act with as much confidence as to the expectation of recovery, as I would in cases of lues, from the operation of the mercurial action. Having made an assertion of so very positive a nature, I feel myself called upon, at least to qualify such an expression, by admitting, what very few will doubt, that there are daily to be met with those cases of insanity, which no human power can remedy: as depending upon causes connected with advanced age; hereditary disposition appearing at a late period of life; mechanical pressure arising either from accident, or malconformation; deep mental excitement, producing the excess of melancholia, or its alternation, with extravagant gaiety and frivolity. I will further justify myself by admitting, that it has been chiefly in the acquired cases of insanity that I have found the digitalis, or indeed any other remedy, permanently useful, and I must confess, that in those, my practice has of late enabled me sufficiently to decide upon its merits.

I am particularly disposed to dwell on the subject of the digitalis at present, from having perceived the little interest which authors seem to have attached to it in the cure of insanity. Doctor Cox 'tis true, expresses his opinion very satisfactorily respecting it; but from what I can judge, he does not appear to have gone as far into the proofs of its utility, as might have been expected. Could I, consistently with my immediate plan, detail the undeniable evidence

evidence of its value in the cases I have referred to, I should certainly have a strong claim on the patient exertions of my brethren of the profession, who may be equally disposed with me, to entertain a more enlarged view of remedies of this class, and particularly to the one in question, which bids so fair to take the lead of every other.

As the digitalis in the case above adduced, has shown its direct influence in restraining the inordinate action of the heart and arteries, so has it in a most remarkable manner shown its anodyne and soporific qualities. With respect to its latter effect, from the opportunity which this case had afforded, I have continued to direct it with as much expectation of procuring sound and refreshing sleep, as I would from the use of opium, under different circumstances. Its special advantages over opium, cannot be too highly valued, and it may be very fairly admitted that it possesses them free from any of the formidable objections, to which the use of opium is liable in maniacal cases.

Insane persons have repeatedly assured me, that they have within a very few minutes experienced the most happy change, both as to mental and corporeal sensations, from the influence of this medicine, and so conscious have they been of this effect, that in their worst state, when no other drink would be received, they have most greedily accepted that in which the odour of the digitalis had been detected: one in particular, who had been for a time
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intent upon self destruction, declared to me on recovery, that the propensity was never present whilst he was under its dominion.

The sedative power which the digitalis evinces on the circulation, is to be carefully attended to; lest it may be carried too far, and endanger the existence of the patient, by inducing paralysis, or extreme debility. This, though it requires a good deal of watching as soon as it discovers itself, yet by temporising, and particularly by purging freely during the suspension of the medicine, is easily evaded, and gives further opportunity of increasing it without difficulty or danger. Very few will bear so much as forty drops of the tincture at a first dose without experiencing nausea and some vertigo. This should be at all times a signal for pausing, and of recurring for a few days to the system of purging; after which, the digitalis may again be had recourse to, and by reverting to twenty drops, it can be run up so far as fifty, by adding one drop daily, or to each successive dose, as circumstances may direct. I invariably make it a rule to remain at fifty drops thrice a day, for eight or ten days. Finding myself secure at that extent, I have still perceived a facility in increasing them much further, sometimes as far as one hundred, with the utmost security.

The well known inactivity almost at all times existing in the alimentary canal of insane persons, constitutes a special necessity of attending minutely
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the state of the rectum during the use of the digitalis, and particularly to the *caput coli*; where the consequence of the prevailing torpor most generally takes place.

The digitalis, though it has not in general been considered as accessory to a state of constipation, has in my opinion, a tendency that way in certain cases of insanity. I have never known it to cause diarrhoea as on other occasions: on the contrary I have generally found it followed by constipation, as often as its sedative influence had been exerted on the system at large. It is therefore, that I have so perseveringly accompanied its use with the purgative medicines already described. This inconvenience in the use of the digitalis is mostly to be met with at the commencement: it will also occur on the high increase of the medicine, accompanied with pallor, nausea, vertigo and vomiting: at this time also, the circulation is below the usual standard and irregular; all of which immediately give way as soon as the bowels become freed from their inactivity. The pulse resumes its natural standard, and the whole countenance exhibits a degree of uniformity and ease, highly to be contrasted with that cast of countenance which had been previously observed, and which may be more freely portrayed by the pencil, than the pen.

The preparation of digitalis in the form of tincture, has appeared to me preferable to any other. The great advantage in being able to modify the
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dose with so much precision, would of itself be sufficient to give the tincture the priority; particularly where the benefit of the drug can be as freely obtained in this way as through any other. I also have strong reason to decide more in favor of that which is taken from the fresh green, rather than from the dried leaf. The odorous principle of the plant seems to be given more powerfully from the fresh, undried leaves; and this has induced me to ascribe to the tincture taken from these, more of the soporific principle, than to that which is prepared from them in a pulverised state after drying.

I have taken some pains to deliver my sentiments on the use of the digitalis in the cure of mania, to the full extent of my experience of it, and feeling the great importance of the subject, I must own that I have felt somewhat impatient to impart the character which it so eminently merits. At this moment, there are not less than fourteen persons labouring under different degrees of insanity, whom I have selected as fit subjects for the further establishment of its utility. They differ considerably in situation and rank of life. Some are confined to the public, others to the private asylum of this city. A few a good deal at large, under the careful management of prudent friends, and the entire have been at least four weeks submissive patients to its influence; some nearly three, and one in particular full six months. If I may be allowed to prejudge a matter of such magnitude, I would venture

venture, from present appearances, to make myself responsible for such living evidence of its intrinsic worth, as may stand the test of the strictest scrutiny. As it is, if collateral proofs be requisite, I can with confidence appeal to some of the first medical characters, of this city and county, who have been in attendance with me, and who have been witnesses to the effects of the digitalis, under the most urgent circumstances of confirmed insanity.

It will be often necessary to conceal the digitalis in some proper vehicle. On such occasions I have found our table beer to answer the purpose sufficiently, after the tincture had been known to discover itself in every other liquid. On a particular emergency of this kind, I was much indebted to the suggestion of an ingenious and very intelligent friend, who proposed an infusion of the HUMULUS LUPULUS, as a vehicle on the first employment of the digitalis, and when its dose must have been rather insufficient to produce sleep. His feelings, from strong interest in the case, induced him to put Mr. Freke's treatise on the Humulus into my hands, from which, I was the more readily disposed to comply. I afterwards found it to succeed admirably in this, as well as in other cases nearly similar, by inducing the most grateful slumbers, in a sudden and decisive manner, unaccompanied with any disagreeable sensation or consequence, incidental to soporific medicines in general. This property of
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the humulus does not continue long in force in the same person; though it may serve at all times as an useful adjuvant to the digitalis, and until the latter can be used in a sufficient quantity to secure the advantages of sleep on its own account.

The general importance of opium, as forming a distinct subject for present consideration, is sufficiently obvious to demand accurate observation. Its auxiliary powers in the hands of medical practitioners, give it so high a rank in other irregularities of the human frame, that from a parity of reasoning, strong expectations arising from its soporific and anodyne qualities have heretofore been entertained, where such effects were urgently sought for in maniacal affections. Such effects, as only succeeding to the influence of opium, would no doubt of all others, be the most salutary and desirable, and where those alone have followed, it has deservedly obtained a principal character amongst anti-maniacal remedies. To those however, who are well acquainted with the stimulant and exhilarating powers of opium, few precautions will be necessary, as to its indiscriminate employment, under the degree of high arterial excitement which so generally prevails with insane persons. The objections to it on this principle, appear to be insuperable, and its immediate tendency to retard the action of the bowels, would be of itself sufficient for its rejection. On former occasions, where an insufficiency of other means had obliged me to act in a manner contrary

to my conviction, I had been I confess, less scrupulous in submitting to its inconveniences. But of late years, the use of opium is scarcely known in our public asylum; nor need its advantages be sought for, where the use of the swing, and the more permanent influence of the digitalis, are ready to supersede it.

There are notwithstanding, certain cases of insanity, where the use of opium has been found to subdue the first approaches of the paroxysm in its most violent form, and even to cut it short where it had already assumed a positive character. It may still be a question, whether in the generality of instances, a full and timely dose of opium, by interrupting the quick succession of morbid ideas, where a long absence of natural sleep had been an aggravation, will not in the event of its operation, so fully disserve their catenation, as to make way for the gradual return of rational perceptions. I have seen this take place, in the most decided manner, where sleep had been a stranger for forty-eight hours in succession, and where, I have no doubt that the disease would have been confirmed, but for the intervention of an opiate, to the extent of two hundred and forty drops of the tincture of opium, at three short intervals. Sleep approaching to apoplexy, had been procured in consequence, for nearly twenty-four hours; which was evidently the means of effecting an entire and lasting return of the mental faculty.

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Although this, as well as other advantages of a minor degree may be admitted, still it will appear, that unless the exact moment for such determined practice be seized upon, mischief of a serious nature must ensue, and that at all events, it is a remedy which cannot be persisted in longer than the first effort, or even hazarded, where the source of the disorder can bear a reference to, or even a connection with, the causes which induce an over-distension of the vessels of the head, and the acute febrile diathesis which is its certain attendant.

There are few who have treated on the subject of anti-maniacal remedies, who have not enlarged a good deal on the advantages which CAMPHOR is capable of affording. On the principle of its general effects in other febrile disorders, and even of its specific influence over the worst symptoms of insanity, it has had a character which still gives it a place in the estimation of many of the most respectable practitioners. I shall not take upon me to deny the efficacy of camphor, when used in the first stage of mania, as an anodyne. I will also admit that it possesses a soporific quality; yet I am obliged to confess that neither of those effects has ever been manifested to me in that decided point of view, which could enable me to continue the use of it for more than six or eight days, with increased confidence. I have used camphor to a great extent on many occasions of acute madness. In some it has assisted to all appearance in the reduction of the

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febrile diathesis; that it has more frequently failed altogether I must candidly acknowledge. I have not known any medicine of this class which so suddenly loses its influence on maniacs, and I have witnessed some few cases where it had been inadvisedly persisted in, to an extravagant amount, where the deplorable state of idiotism had quickly succeeded. I have never had the good fortune to meet a case of insanity which owed its cure to the use of this medicine; nor has it at any time proved so grateful in its consequences, as when combined with opium, in proportions even far superior to the usual quantity of either, when given separately. As a palliative therefore, it may be entitled to some credit; but I have no hesitation in looking upon the plan of treating maniacal patients, on a curative principle, by a continued course of camphor and opium, or of either, as an egregious loss of time, and as most liable to fatal consequences.

In the event of a strong determination of blood to the head, most persons labouring under acute madness suffer much in consequence of coldness in the lower extremities. This great inequality of the circulation, denotes an obstinacy in the complaint which demands the earliest attention, as much with a view to relieve the patient from the painful sensation it occasions, as to prevent as much as possible, the prevalence of the congestion which must naturally succeed. This troublesome sensation is also frequently antecedent to serious mischief

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in the lower extremities, by inducing gangrenous sores and the loss of substance, together with a lameness for life. A criminal neglect of this, has within my own knowledge, in some instances nearly endangered the life of patients, when unavoidably they had been confined in the public institution on the ground floor, in the depth of winter. The necessity of preventing such an aggravation of the original malady is sufficiently obvious, and it will often require no small share of industry to provide against it. A recurrence to the circumstances of such a case, will in the first instance, point out the necessity of relieving the head by a prompt observance of the purgative plan, already recommended. For this, the constant application of napkins round the head, repeatedly wetted with cold water and vinegar, will be found a most useful expedient. Here also, the clay cap has frequently been applied with great effect and seldom fails to afford considerable benefit. I have been on many occasions obliged to persist in this plan for several weeks, without interruption, and have always found it so very acceptable to insane patients, as to make them eager at length for the renewed cold, from a consciousness of the relief it had afforded. This alone has often succeeded in repelling the circulation with increased force towards the extremities; so as to obviate the inconvenience which had previously existed there from an insufficiency of arterial blood. In aid of this attainment however, it will be indispensibly necessary

fary to have recourse to warm fomentations of the lower extremities. Their contrasted and yet united influence, will contribute to detach the maniac from his laborious emotions, which, by persisting in them, will frequently subdue him into refreshing sleep.

The general influence of the SHOWER BATH, so fully supplies all the purposes of more minute attention, that in the larger hospitals set apart for lunatics, there can seldom occur a case of acute madness, which will not at its commencement meet the most decided relief, by being placed under it two or three times a day, as the case may require. The shower bath used at the asylum of this city is so contrived, as to be supplied from a well, by a forcing pump, communicating directly with a perforated platform, which discharges itself from a moderate height, into an enclosed place contrived like a sentry box, well secured, so that the patient cannot escape a drop that falls. By this means, the quantity of water can be regulated at will, and continued at intervals, so as to awe the patient into compliance with any measure that may be judged necessary at the moment. The abundant supply of water thus so readily at hand, gives ample means of bathing a large number in a very short time, and where it is not in demand as a medical mean, it answers an extremely good purpose in enforcing cleanliness at all seasons, and more especially in warm weather. The refrigerant effect of the shower bath

bath gives it a place amongst the foremost of the remedies now in use, by immediately tranquilizing the high degree of febrile action, which on the formation of the maniacal paroxysm, rages with such determined violence. Where it has thus far succeeded, it should not be allowed to lose its effect by unnecessary repetitions. On the contrary, the power of reaction, in consequence of exceeding the proper limits, soon subsides, and leaves the patient in a state of collapse, but badly suited to the intention. So long as the temperature of the skin stands at 110° of Fahrenheit, and the pulse 100 or 110, with sufficient consistence and regularity, there need not be any apprehensions entertained from its continuance; particularly when the patient immediately after the bath, shows an universal glow on the surface, followed by a gentle diaphoresis on being placed in bed. The reverse of this is clearly pointed out by a general pallor and debility, with a feeble, intermitting circulation, tremor, increased delirium and an additional sense of pain in the fore part of the head.

The advantages arising from the use of the shower bath, in the more advanced stage of convalescence from a maniacal paroxysm, when the patient is in a state to use active exercise, are, on the tonic principle, of the first consequence, and superior to any I have ever met with: provided that at this period, the state of the bowels be particularly attended to. Even at this time, the strictest caution is requisite,
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for there still remains so large a share of indolence throughout, that unless two or three motions be procured daily, there can be no security against a speedy recurrence of previous appearances. On this principle, where such a disposition presents itself, I make it a general rule, that a sufficient portion of the purgative solution, with a small addition of the sulphate of iron, be given every morning, previous to taking the bath, in an equal portion of hot water, and repeated at noon if found to be necessary.

Amongst the more delicate class, particularly of females, whose previous habits may render them less fitted for the full extent of such a practice, and where visceral or glandular obstructions may forbid the shock of the shower bath, the semi-cupium, or slipper tepid bath, is well adapted to sooth and invigorate. In that form of insanity which has been found to succeed to the accidental or natural cessation of the catamenia, it is especially indicated, and should be persisted in at stated intervals, as long as a remnant of inquietude, or any apparent want of equilibrium in the circulation, may be perceptible.

The general use of BLISTERS in acute affections of the head, has sanctioned the indiscriminate employment of them in almost every stage of insanity, and yet perhaps, there is no remedy less entitled to this indiscriminate preference. The early application of blisters during the prevalence of fever, and so long

long as the symptoms of a powerful determination to the head can be discernible, cannot well be persisted in by those, who, taking into account the extreme degree of excitement already produced, must be attentive in avoiding every unnecessary source of irritation. An acquiescence with common custom, more than a feeling of conviction, has I am satisfied, induced many to commence the use of blisters in the cure of insanity at a time, when at best, their effect must have been nugatory, and in most instances altogether improper. Their direct application to the head, under the above circumstances, cannot be too strictly condemned; nor do I consider them as admissible in any direction, when the absorption of cantharides into the circulation may act as an additional stimulus. In the more advanced stage of insanity, or rather towards the decline of the paroxysm, where a want of energy and inaptitude to participate in the usual objects of volition, succeed to the previous temper of activity, the occasional application of a blister round the lower part of the neck, will often be found highly beneficial by its local irritation. It will also at this time especially, promote extraordinary discharges of serum from the vesicated part. Blisters when applied early in this complaint, discharge but scantily, and heal almost immediately, and evidently from the general irritation they excite, tend to increase the febrile diathesis. At the conclusion, the discharge is often remarkable for its extent, and is easily

easily continued; the fever also now excited by it, rather tends to animate than to disturb.

I have been told by insane patients for whom I had directed blisters, sooner than might have been advisable, that the acute pains which had been so constantly felt in the head, and which had then subsided, had, on the first *stimulus* of the blister, returned with full force, and continued so for some days in consequence. The precaution of applying them at some distance from the head seems justifiable, and their efficacy may in some cases be more complete, by placing them so low down as the calves of the legs, or to the feet. In general however, it will be found rather a difficult matter to prevail upon maniacal persons to allow blisters to remain on those parts, and though the hands may be sufficiently secured, yet it will not be so easy to prevent impatient rubbing with their feet, in order to dislodge them. It will be at all times necessary to watch very carefully during their operation, and to keep the hands secure, lest the blisters be not only disturbed, but also applied to a desperate purpose. It has happened that insane persons have attempted to swallow blisters, and in the attempt, have inflamed the mouth and fauces in a severe manner. Their extraordinary ingenuity in eluding the closest vigilance, and on those occasions, in extricating themselves from the restraint of a strait-waistcoat, has often deterred me from the use of blisters, where I was otherwise disposed to direct them. I now but seldom require
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their aid before the advanced stage of convalescence, and until they may be employed not only without constraint, but also with the approbation and concurrent opinion of the patient.

From the early opportunity of a few cases, in which MERCURY had been employed as an agent in the cure of insanity, I was taught to expect more from it even as a specific, than I find myself justified in allowing it, from subsequent efforts to ascertain its value. It does not often happen in a public hospital, that cases such as I allude to will offer, which might sanction its introduction merely: neither are they of frequent occurrence in private practice. Those which I can mention with security, have been strongly connected with retrocedent gout, and so clearly dependent on an inactivity and distension of the entire mass of the liver, that there could not have been any hesitation in giving the merit of the cure which had taken place, to the deobstruent power of the mercurial frictions, recommended on that principle. The common use of mercurial purges in a great variety of instances, and in many not very dissimilar to the above, led me to expect, that when a *ptyalism* had unexpectedly ensued, some advantage would be obtained which might add to the anti-maniacal character of this medicine. Although I cannot decide favorably on its specific attributes in this disease, I am far from limiting its value to its purgative quality: the equable and general stimulus which it affords to the system at large,

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by its moderate introduction, and especially by its evident influence on the absorbents, has confirmed in my mind a high opinion of its utility, as a preparative for the commencement of the digitalis. I have been led to this opinion from having repeatedly ascertained that where the digitalis had proved itself of superior efficacy, the patient had been previously subjected to the influence of mercury, though it had been directed in the form of calomel only, on the purgative principle. Calomel therefore, as answering a two fold purpose, seems of all other preparations of mercury, to be the best suited not only to free the bowels from the injuries arising from retention; but likewise by its slow progress into the circulation, to alter the general action of the system, so as to modify it for the admission of other remedies intended for ulterior advantages. Cases similar to those already quoted, may still stand in need of the more direct introduction of mercury by friction or otherwise: but where calomel has been previously used, and frequently resorted to, as a purge, such a necessity will not be of long continuance, nor can a compliance with it be readily admissible under the circumstances of strong *pyrexia* or active inflammation.

In a work of this description, relating somewhat to the local treatment of insane persons, and so far particularly, as may pertain to the important matter of DIET, a report on its quality and general influence cannot be received with indifference. Taking this

this subject on the largest scale, the plan of diet as adopted in the public institution of this city seems well worthy of observation. Here, a complete opportunity presents itself of estimating in an extended view, the comparative effects of diet, as differing according to the previous habits of the individual, though precisely under similar circumstances with respect to infirmity. It may be necessary to premise, that the unfortunate persons I allude to, are with very few exceptions, composed of the indigent and friendless idiots and insane of the county and city of Cork. It therefore has been wisely resolved that their common diet shall consist of the farinaceous fare, to which, from former habits, they had been more accustomed.

This is composed of a plentiful meal of oatmeal porridge and new milk in the mornings, and of potatoes, with a sufficiency of the same description of milk in the evenings. There are several who prefer the indulgence of oaten bread in lieu of porridge, and who also have the same for supper; though two meals are the usual allowance of the house. To this may be added, that in many instances amongst the aged and infirm, and particularly those in a state of convalescence, an allowance of animal food is admitted, so long as it may seem to be necessary. On the whole however, a farinaceous diet is the general rule of the establishment.

It has been on many occasions a source of satisfaction to me, and to the governors at large, to
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find, in compliance with the necessary economy inseparable from the existence of so large an institution, that this simple fare has not only been proved fully competent to the comfortable maintenance of the great majority of persons confined there, but also on a dietetic principle, more immediately suited to the prevention of those inconveniences, for which aperient medicines must otherwise be in more frequent demand. There are some it is true, whose previous habits of living render a diet of this description rather unpalatable, and amongst those may be ranked the incorrigible drunkard, whose excesses too often reduce him to this level, and to the necessity of accepting as the only indulgence, the beverage of all others most likely to correct his depraved appetites, and to restore them to an inclination for the natural food of man. Daily observation shows that those unhappy people, after having forced nature from her fastness, will still, by being obliged to submit to a strict observance of this *opposite* mode of living, regain their former cheerful aspect, and even from its salutary consequences, give evident proofs of returning intellect. I have therefore amongst my private patients endeavoured, and not unsuccessfully, to induce some to submit to deprivations of this nature, however reluctantly. The change, which to several was a trial of much difficulty, has succeeded to my expectations in many respects, and bids fair to be generally adopted, through a conviction

tion of its ultimate advantages. An eruption of a *certain description*, not unfrequently succeeds to this *regime*, which, though not altogether *sought for*, has notwithstanding been an attendant on convalescence, and has, as I conceive, borne some share in forwarding those cases where complete recovery has been effected.

There are certain seasons of the year, when the humanity of the governors disposes them to extend to the poor people at the asylum, a participation in the general festivity, and from the prevalence of established custom I allow of it, as freely as circumstances do prudently admit; so far as a few generous meals of animal food. The consequences on those occasions have been uniformly the same, and so correctly anticipated are they, that the strictest precautions are invariably adopted in order to provide against the scene of uproar which is sure to follow. The sudden and unusual stimulus of animal food, may therefore very fully account for this disposition to riot: it might be inferred, that had the indulgence been more frequently permitted, such an effect would not have been so very remarkable. This may in part apply; but the fact is a sufficient evidence that animal food tends strongly to the aggravation of insanity. It also affords an additional argument in favor of a farinaceous diet, in preference to the admixture of animal matter, so long as there remains a prevalence of those appearances which denote the insane orgasm. It also can be ascertained, that on
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the first establishment of the institution, when the number within its walls was far inferior to the present, and when of course the funds were more competent, and the regular allowance of animal food stood for once a week, that then in like manner, the effect amongst the insane was precisely what it now is known to be, when produced by a similar cause, at two or three festivals within the year.

At the more advanced period of convalescence, and under the common appearances of debility, arising either from age or the protraction of a paroxysm, the necessity of allowing a gradual indulgence of animal food must be abundantly obvious, and where this has been found admissible in a progressive degree, it has afforded one of the best securities of the near approach of a permanent recovery.

The use of WINE, as forming an article of diet in any stage of insanity, where the hope or prospect of cure can be counted on, is in the opinion of most practitioners, the least admissible. In the higher classes of society, where it had been an indispensable article of indulgence, and where at the eve of recovery it could not be entirely withheld, I have found it in strict moderation, to answer a good purpose, by adding strength to the patient, and by serving during the term of probation, to confirm me in my final opinion as to his safety. In this case even, it should not be taken undiluted, and those who have been prevailed upon to abstain from it entirely, have been also the most fortunate in escaping a return of the malady.

In addressing myself to medical practitioners, there need not be any pains taken to point out the necessity of a scrupulous observance of temperance, as the only security to persons predisposed to insanity, or recently afflicted with an insane paroxysm. And yet, as there appears to exist an opinion, that in either case, a diet nearly approaching to starvation is only admissible, I would wish to enjoin the principle, of at least taking a middle course, between overdistension on the one hand, and inanition on the other. On the principle of precaution, where the predisposition has manifested itself, there will be less danger of running into excess on the *antiphlogistic* plan of diet: nor is this to be so much apprehended in its consequences, as the close adherence to it would be, at the period of convalescence. The insatiable appetite for food which maniacs frequently discover, during the remissions of the complaint, will not I trust, be considered as demanding the same indulgence as the more natural and temperate inclination, which marks their progress. The appetite in this inordinate state has rarely any inclination for animal food, and rather prefers the farinaceous beverage in a free and quick succession. The reverse is constantly observed where the paroxysm has completely subsided, and unless where the intervals are known to be very short, this disposition should be carefully attended to. By doing so under proper limitations, I am

confident I have often prevented *idiotism*, where it had actually been at hand, merely from inanition. Where convalescent maniacs have appeared to acquire corpulency from a return to animal food, I have ever been induced to encourage hopes of immediate recovery.

Maniacs invariably evince a distaste to animal food for some days previously to the approach of a new paroxysm; which circumstance leads the attendants at the institution to be more particularly on their guard against the expected attack. The patients who have been allowed animal food, at length become conscious of this, though they do not choose to confess it, and in order to escape observation, they have often been found to conceal their food, when no longer able to make a proper use of it.

EXERCISE, as forming a very material department of regimen, and as intimately connected with the treatment of maniacs in their convalescent state, requires to be conducted with much precaution and address. The deprivations of light, and of open air to which of necessity they are subjected during the fervor of attack, naturally render them peculiarly liable to receive new and erroneous impressions, on being abruptly admitted to either, which very often become so fastened on the imagination, as to take place of every former hallucination. It therefore becomes highly necessary that a free and constant supply of pure atmospheric

pheric air, be at this time especially, very carefully attended to, and also, that a gradual admission of light be permitted for some days, previously to the patient's being allowed to leave his apartment. Even then, the range for exercise should be limited to the precincts of his dormitory, and if possible shaded from the direct rays of the sun. I have found a want of discretion in these particulars injurious to the last degree, where, from the sudden impulse of light and air, together with the indiscriminate intercourse with surrounding objects, persons far advanced in convalescence have been suddenly thrown back, and this evidently from an inability to meet and combine those impressions, to which the unguarded conduct of officious people had exposed them. It is very necessary that the proper regulation of exercise should commence as early as circumstances may admit of. The extreme degree of muscular debility which invariably succeeds to a violent paroxysm of mania, very often degenerates into a rigidity of fibre, constituting in the end, a curvature of the spine, as well as a total inability to extend the lower extremities. Insane persons during a tedious confinement, if not kept carefully and warmly, covered, and made to extend their limbs in bed, will acquire the habit of *buddling* their limbs together for the sake of warmth; in consequence of which, on the restoration of their mental faculties, they have found themselves converted into cripples for life.

It therefore becomes a serious duty on all, who may undertake the superintendence of insane persons, to watch with strict attention, lest an evil of this description may betray more of supineness than feeling for the sufferings of their fellow creatures.

The erect position of the body in the act of walking, and as enforcing its natural extension, will appear to be preferable to any mode of gestation at the commencement, and where coldness of the extremities had been troublesome, it will be obviously necessary, in preventing the return of that inconvenience: it at all times appears to be more grateful to the disposition of convalescents, than any other exercising amusement. In pursuing this measure, it would be prudent to prefer such scenery and situations for exercise, as the patient is least accustomed to; this, so far as it may relate to public or private asylums for the insane, is we may suppose, amply provided for, and I make no doubt, serves in a material manner, to amuse by the novelty of appearance, as well as by detaching the mind from the recollection of painful associations of an obtrusive nature; often inseparable from the origin of the disease. It is therefore, that amongst all ranks, an immediate advantage is gained over insane persons by their removal from the spot, where the hallucinations had been engendered, which proves the necessity of such removal, as the first and most indispensable step towards recovery.

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The advantages to be acquired by an early attention to bodily exercise, as connected with regimen in general, cannot exceed those which may particularly be obtained from the union of corporeal action, with the regular employment of the mind. Many curious and interesting proofs of this have occurred, which though comparatively limited, are yet sufficient to shew how much may be obtained by a closer attention to the capability of convalecents, and especially of such as owe their support to the public purse.

I should suppose it next to an impossibility for any person of moderate observation, to pass through the crowded apartments of the lunatic asylum of this city, without feeling sensations of surprise and regret, at meeting so many persons of both sexes, in rude health and vigour, who though still incapable in a great degree of mental action, are notwithstanding fully competent in many instances to manual labour. I do not by any means exaggerate when I assert, that at this time, there are not less than one hundred of this description, who, for want of some suitable occupation are obliged to loiter away the day in listless apathy! The consequences of this neglected and unavoidable sloth, attendant on the present principles of the institution, are deeply to be lamented; as constituting in many instances, a *pabulum* for the disease which it was intended to remove. It may naturally be enquired by some, how it happens, that those people, who
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lie so very conveniently to the house of industry, should at any time be at a loss for useful employment? The question would be thus resolved. The routine of business, as best adapted to the inhabitants of the house of industry, and consisting chiefly of weaving, needle-work, spinning, carding, picking feathers, oakum, &c. which, being entirely of a sedentary description, would but badly apply to the capricious fancy of the imaginary STATESMAN OR MIGHTY POTENTATE, and still less to the convalescent maniac, whose chief happiness consists in the free exercise of his faculties in the open air. It is to be admitted that amongst the large proportion above specified, there are a few, who, from previous habits of industry in the handicraft line, are ready to give assistance in the necessary repairs of the house as carpenters, tilers and white-washers, when ever called upon. This disposition has been taken advantage of, not merely with benefit to the house: it has especially been promoted with the view of affording some interruption to the *tedium vitæ*, which is often with so much difficulty to be guarded against, and which is chiefly to be attributed to the want of more general occupation, in the public institutions appropriated to insane persons. Abundant proofs of this are continually occurring in the persons I have already instanced, who, during the term of their employment at moderate labour, never fail to enjoy the happiest state of oblivion from their
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real or imaginary grievances. Had the benefit arising from a temporary relief been confined to this measure of it only, it would in itself be sufficient to point out the necessity of inventing a more general and effectual remedy against the sedative influence of sloth and unwilling idleness. Happily however it has not rested here. The good effects which have resulted from the occasional employment of persons labouring under continued insanity, have also pointed out its more effectual advantages in others, where the latent powers of the mind only awaited a timely interference, to be warned of their existence. From a constant and studious regard to this design, the earliest attention is paid to the capacity of every individual, in order to ascertain at the period of convalescence, the practicability of employing the mind, by any species of bodily exertion. This has at times been found a matter of much difficulty in both sexes, and particularly amongst the females, who, though they can be readily induced to remain stationary, for a large portion of the day, at any trifling business, are not by any means disposed to accept of the more active employments out of doors, by which the objects of recreative labour may be attained. It has on the other hand been a source of great satisfaction to the attendants at the asylum to remark, where convalescents have been prevailed upon to undertake any portion of the business which the house is capable of offering,

that

that it shortly becomes an object of interest with them to perform the duty with effect, and seldom fails to confirm and to accelerate the prospect of recovery. The assiduities used to invite them to some degree of exertion in this way, very often tend to a developement of the character peculiar to the patient, by which means a suitable occupation has been devised. One in particular deserves to be noted.

A young man who had been an entire stranger in this city, and who was remitted from a distant part of the county to the asylum, in the usual form, came under my care in a state of acute mania, and continued so full three months without any intermission. The symptoms having at length given way, he was treated as a convalescent patient, and every means tried to encourage him to some light work, merely as a pastime, but all to no purpose. Though the maniacal appearances had totally subsided, he still betrayed an imbecility of mind that bordered closely on dementia, and it was found impossible to excite in him the smallest interest either for himself, or in any measure for that which had been proposed for his amendment. This man had nearly been ranked amongst the incurable idiots of the house, when by accident he was discovered in the act of amusing himself, with some rude colouring, on the walls of his apartment. From the specimen he had then given, he was questioned as to his knowledge of drawing, and he, having signified
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some acquaintance with that art, was immediately promised colours of a better description, if he would undertake to use them. This evidently gave immediate cheerfulness to his countenance, and he shortly evinced an impatience for the indulgence proffered to him. On his being furnished with the necessary apparatus for painting, he immediately commenced a systematic combination of colours, and having completed his arrangements, he requested one of the attendants to sit for him. This essay was sufficient to satisfy me, that his recovery was not so remote as I had reason to suppose. The portrait was an exact representation of the person who sat before him, and in a few days there were several other proofs of his skill in this line, which bore ample testimony of his ability. He soon became elated with the approbation he had met with, and continued to employ himself in this manner for nearly two months after, with progressive improvement as to his mental faculties, when he was dismissed cured, under the protection of some gentlemen amateurs, who took a kind interest in his preferment. He pursued his profession of minature painting in this city for some time after, and has since, as I understand, removed to London, where he practices it with singular success.

There seems to be nothing wanting in this case to prove the necessity of adopting on a general principle, a systematic arrangement of daily labour, by which incurable maniacs, capable of corporeal exertion

tion, may still acquire the habit of rendering themselves useful to society, by thus diminishing a portion of the expense allowed for their maintenance, and also, on the very important principle, of affording them the most certain means of enjoying a term of repose, from the horrors of a hopeless malady. To the convalescent also, this case in a particular manner holds up for imitation a practice of indisputable value; which, if viewed on its mere merits, cannot fail to enforce a conviction as to the policy of such an undertaking.

I shall not pretend to insist upon the facility of reducing into regular order, a plan of this nature; nor is it to be supposed, IN SUCH A WAR OF ELEMENTS, that the strictest obedience to discipline could at once be enforced: neither would I have it conceived that my views on this subject, lead me to expect the introduction or display of the FINE ARTS, at the abode of so much wretchedness and degradation. But I would meet the difficulty of such an arrangement, and entertain no great doubt of finally surmounting it.

From a close review and reference to the list of the different persons, who have been consigned to my care within the last ten years, at the public establishment, I have not been able to ascertain more than fifty out of six hundred and forty-two, who have not been fully capable, with advantage to themselves, of devoting from six to eight hours daily to the ordinary duties of husbandry and horticulture.

ticulture. A great proportion of those have been particularly conversant with such employments. And yet, how irksome must it be, to see those people, though solicitous for some mode of occupation, still confined to certain duties only, in aid of the servants of the house, and in the maintenance of regularity and obedience to the necessary discipline. From the number of hands engaged in those essential occupations, the business of the day is soon discharged, and to this succeeds the *otium sine dignitate*, affording at once a most unpleasant state between willing industry, and a constrained submission to the tardy return of more busy moments.

Motives of compassion have often induced me to give way to the dispositions of several decent and well disposed men, intimately connected with agricultural affairs, who after tedious confinements in very distressing forms of insanity, and having arrived only to that state of convalescence where moderate labour would be admissible, were found incapable of further amendment, through the deficiency of an appropriate and continued round of employment. Those I have invariably dismissed the house as soon as I could barely calculate upon their *good conduct* with respect to the public: and though I have known a few to return in six or eight months after, nearly as bad as before, yet by following up the plan with these same persons, I have still found it to answer much better, thus to enlarge them with proper instructions to their friends

friends, than prolong their confinement to the more uncertain period of perfect recovery. I have often been very agreeably surpris'd at the visits of several of this description, who have shown impatience to return thanks for the treatment they had received. In answer to my enquiries, I have always been assured that by a moderate attention to the duties of the farm, they had gradually recovered the entire possession of health and spirits.

From what has been here advanced, it may be readily taken for granted, that I am not an advocate for the continuance of the present system of maintaining institutions for the insane, so closely connected as they now are, with principal cities and county towns. At the time of passing the Act relating to those unfortunate persons, it evidently was not in the contemplation of the Legislature, that the number of insane would ever be in this country, what it now amounts to; constituting what may be very fairly termed, an endemic, and requiring very heavy grants at each assizes, for their protection. Was a revision of this act to be called for, and the aggregate number of insane to be regularly returned, I cannot entertain a doubt but that a modification of its spirit, to a more general extent, would appear to be a measure of high expediency.

As I cannot for a moment suppose, that the design of the Legislature could merely have for its
object,

object, the removal of insane paupers from public notice, I can as little admit an unwillingness on its part, to extend the means and opportunity of relief to so large a portion of our suffering fellow créatures, by granting the power of removing the convalescent, and incurable insane, to convenient distances from large cities and towns, to well enclosed farms, properly adapted to the purposes of employing them with effect, in the different branches of husbandry and horticulture. The institutions already established, need not be abolished in the event of such an arrangement as I would propose. They would still answer for reception houses, and as hospitals for such as may be afflicted with madness in its acute form: from whence they might on convalescence, be conveyed in covered carriages to the farms, each of which, holding an intimate communication with, and depending on the original foundation, should make daily returns of their proceedings to the principal master, for the weekly inspection of the board of trustees, according to the present invariable custom in this city. It may be objected that the increased expense of the undertaking would be a principal obstacle to its furtherance, especially in a district where such large sums are continually devoted to the present establishment. This objection however, cannot be well maintained, any further than as it may apply to the expenditure for the erection of suitable buildings, and the purchase

chase of such implements of husbandry as may be required to carry on the work. I would call this the first expense, and the only one with which it could be attended. As to the rest, I would ask, if the moderate and well regulated labour of one hundred persons, *fed and clothed as they still must be*, might not more than clear the current expences of a large farm, including rent and all incidental charges?—I would further ask, where, as in this country, the price of labour has greatly increased, and when in the vicinity of large cities it has especially, become the great impediment to tillage, if the free use of so much labour, must not also bring a return at least adequate to the general maintenance of every person concerned? I may still go further and assert, that the business of farming is badly worth attending to, if besides meeting these principal objects, there be not also a profit arising from the prudent management of so much labour, under such immediate advantages.

I have expressed my opinion somewhat at large on this interesting subject, from a conviction, of no recent date, of its necessity, as well as of the comparative facility with which its meaning may be put in force; if I have taken these pains in vain, I must impute my disappointment to the visionary suggestion of a mind, perhaps too sanguine in a cause, which has engaged my most serious attention during a very important season of my life. If, in raising my humble voice, I should *perchance*, be
heard

heard, in behalf of those claims, which the most comfortless of the creation may be allowed to have, on the wisdom and on the humanity of this GREAT AND ENLIGHTENED EMPIRE, I even would not despair of meeting, in the stream which emanates from such a source, a ray of that benignity, which marks its mighty progress.

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I HAD scarcely concluded the preceding observations, when the work of Doctor Andrew Halliday, offering remarks on the present state of the Lunatic Asylum in Ireland, fell into my hands. Had I met with it earlier, I perhaps would have reserved certain descriptive points which have previously occurred, in order that they may make their appearance in their proper places on the present occasion, and which, from the unreserved odium thrown on this country in general by Doctor Halliday, cannot well be avoided. It must however appear rather unaccountable to those who may happen to read the foregoing pages, after having seen Dr. H's remarks, why an institution, such as I have already described in part, and which has been so long in high estimation in this county and city, should, on a publication such as Dr. H's, be totally passed by, at least as to its special merits, and through those, not made exempt from the *sweeping clause* in which he so confidently implicates the whole of Munster, (page 17) where he says, "There are no lunatic asylums in this province," and this he commits himself to, on the cursory report of Carr's Stranger in Ireland! It appears that Dr. H's authorities, from the different cities and county towns throughout Ireland, have been collected from the most unquestionably resident characters in every instance, save and except the city of Cork, which has been equally stigmatized with others of the province, by the unjust report of having no asylum for lunatics. Had it occurred to the Doctor to have favored Cork, as well as other places of minor consequence, with a special enquiry on his own direct account, as to the existence of a lunatic asylum here, and not to have pinned his faith so implicitly, on the *travelling* opinion of Sir John

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Carr, however favorable it in some respects may be, it would probably have fallen to my lot to have replied to him nearly in the following words, and which might have been sufficient to induce him to judge differently in one instance, as to the extent and nature of the accommodation with which the insane paupers of this vicinity are supplied.

It must be admitted, that in conformity with the Act of Parliament, providing for the maintenance of friendless idiots and insane, as far as relates to this country, the persons of that description here, are to a certain degree, connected with the House of Industry, and for this sole reason, as I believe, that from their proximity, the necessary business of superintendence, of providing sustenance, clothing, &c. was judged to be fully within the capacity of the stewards and officers of the latter, and that the duties of both may be vested in the *one staff*, by which means a great saving of expense would be effected. That this has been hitherto the case here, is beyond a doubt, and in direct reply to Dr. H's allegations, I have merely to state, that the evil he complains of does not in any degree apply to the insane asylum of this city, from its proximity to the House of Industry, or on the score of the indiscriminate mixture "of the pauper lunatics and the vilest out-casts of the country," and which we are given to understand "obtains in every large town and city in Ireland, except in Dublin." It is admitted by Sir John Carr, and received by Dr. Halliday, when speaking of Cork, that "*in another part of the building* the idiots and insane were to be seen."—This, the more readily allows me to affirm, that the building in which those unfortunate people are confined, is a *distinct* one, communicating with the House of Industry by a *distinct* gateway, to which is appointed a *distinct* gate-keeper, whose sole business is to remain at his post, in order to prevent all kinds of intercourse with the House of Industry, except by the regular attendants, and also to prevent all kinds of visitors, except in company with or through an order from one of the governors of the institution.

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The building itself has within the last six years received a large addition on an improved plan ; which has afforded not only an ample opportunity of classing the various descriptions of patients, but also of more effectually detaching the wards and cells occupied by the different sexes. To each of those divisions are appointed confidential persons, who are made responsible for the trust committed to them. The extent and capability of those different ranges have been previously alluded to, and from what I have already said, it may be easily admitted, that this institution deserves a character somewhat superior to that, “ where the raving madman is confined in common with the harmless idiot, and the hardened wretch who despises the laws of his country” !!—I shall not take upon me to decide where this is in reality the case, and to be submitted to as an incontrovertible fact ; *aquo animo panam, qui meruere, ferunt,*” but I must assure Dr. H. that he, either wilfully or otherwise, has allowed himself to be most shamefully deceived in the scanty information he has accepted of, respecting the county and city of Cork.

The annual charges for the support of the Cork asylum for insane persons, have not been less on an average within the last six years, than £2,600 sterl. and this sum, independently of the expenditure on additional buildings, has I can very safely say, been solely allotted to its use, neither connected nor confounded with any other fund whatever. Does this argue I would ask, the appearance of insensibility to the necessities and to the proper arrangements so indispensable to the well being of the raving madman or friendless idiot ? Or is it to be supposed that the highly respectable Governors of the institution, or the Gentlemen who compose our Grand Juries, would tamely submit to so vile an imposition on their good sense, and unrestrained liberality, as to connive at the misapplication of so much money ? I have sufficient reason to know that neither of these unimpeachable Bodies feels in any degree anxious on this head, and were I to be called upon to say, from my experience of twenty years of the facts I describe, what my opinion is of Doctor Halliday’s recent “ remarks on the present state of the lunatic asylums in Ireland,” I would freely

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Declare them, as far as I have had opportunity of judging, to be a downright libel on the humanity and integrity of the country.

Although, as it will appear from what I have already shown, that Dr. H's strictures on the insane asylums in Ireland, do not accord with my ideas of his data, assumed, as it must be confessed they are, for the furtherance of a general and a very salutary purpose, I am on the other hand, far from denying the gratification his work has afforded me, so far as it tends to confirm me in the opinion I have already advanced, as to the immediate necessity of providing suitable means of giving employment to convalescent maniacs and the incurable insane. I have expressed myself to some extent on this very interesting subject, and as I find, pretty much in unison with Dr. H's. principal consideration. Viewing his conclusions therefore in a more favorable light, even than his premises are capable of supporting, I am willing to give him credit for the object he holds in view, and should our joint opinions, tending to the more improved treatment of the insane paupers be honored with future attention, we shall have to applaud ourselves for the consequences of our zeal; if otherwise, we shall still know that we have not neglected what we have conceived to be our duty.

Doctor Halliday, in support of his general allegation, has most forcibly echoed the report of Sir J. Carr, by ascribing to the Limerick institution the worst species of neglect. We are taught to believe that a violence is even offered to the common feelings of humanity, on entering this abode of wretchedness and filth, by meeting in common with the inhabitants of the House of Industry, "the stark naked madmen, girded only by their irons, standing in the rain in an open court, attended by women, their cells upon the ground floor, scantily supplied with straw, damp and ill-secured," again is seen, "the raving maniac, instead of being strapped to his bed, hand-cuffed to a stone of 300lbs. weight, which with the most horrible yells, by a convulsive effort of strength, he dragged from one end of the room to the other, constantly exposed to the exasperating view and conversation of those who were in the yard!"

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It is here to be regretted, as well as on a similar occasion alluded to, that Dr. H. had contented himself with a reference to Sir J. Carr's captious narrative on this subject, unaccountably neglecting the proper source of information, which in other instances, had been drawn from those authorities whence only full and correct information was to be obtained. Dr. H's indifference to this particular, prompted me to make direct application to the gentleman who has undertaken the medical attendance of the house of industry and insane asylum at Limerick, and in consequence, I have been favored with such a description of each, by Doctor Knight Carey of that city, as tends in no small degree to diminish my respect for Sir J. Carr's authenticity, and which obliges me to repeat my surprise at Dr. H's acquiescence, in a MONSTROUS IMAGERY, not to be tolerated by any well constituted Body, and too gross to be admitted by the friends to decorum, and common charity, amongst whom, the means of observation and the power of seeking redress had existed in the most narrow proportion.

Dr. Carey's letter, in every respect remarkable for its candour and good sense, confesses the inadequacy of the funds of the institution he so ably describes, to afford all the advantages which would be desirable, for the better accommodation of the different descriptions of persons received there; yet, he fully refutes the report of Sir J. Carr, when he informs me that "the lunatic wards and cells are to the rear of the House of Industry by 300 feet, connected by a field well enclosed. This department is divided into twelve cells, well plastered and white washed, with suitable bedsteads and floored with brick, five of which are appropriated to females, in front of which is a small field. The remainder consists of seven cells for males, with a field, divided by a high wall from the females. There are besides, four wards over the cells, one appropriated to insane persons of a better description, and whose mental state will admit of amelioration. The second for idiots, and the others for any contagious or febrile diseases that might occur. Cleanliness is most strictly observed, and the most lenient measures are adopted for violent maniacs which experience has proved to be productive of the greatest

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greatest advantage. During the intervals, some are allowed to mix with society, which has been also highly serviceable in promoting the restoration of their mental faculties." "Such has been the general treatment of maniacs in the Limerick asylum, with deviations according to circumstances, and which have been frequently attended with the most beneficial and permanent effects."

"The lunatics, when in a progressive state of recovery, are employed as frequently as possible in all kinds of labour; though not under such circumstances as to admit of horticulture or husbandry; nor could the keeper be absent so as to superintend their labour in the vicinity of the house."

"In reply to Sir J. Carr's very illiberal attack, I shall merely quote the observations of other gentlemen who have visited the house, as their voluntary entry on the books."

"May 19th, 1809."

"Having seen most of the Hospitals, Penitentiaries, &c. in Scotland, England, and also in Ireland, I must say that upon the whole, the House of Industry of Limerick, which I find embraces a Lying-in Hospital, a Penitentiary or House of Correction, &c. &c. seems to be under good regulations. It is unfortunate that the inhabitants of so flourishing a city as Limerick, are not assisted by Government, in their pious labours. The branch of the house under the denomination of a Lunatic Hospital should if possible be more extensive."

(Signed)

"JAMES HALL."

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" May 21st, 1810."

" I have visited the House of Industry, and was highly gratified to find the wards so clean and well regulated. What principally pleased me was the kindness with which the unfortunate lunatics are treated, yet all completely amenable to their keeper, who appears to me a man highly qualified for his situation. I had no conception that so small a city as Limerick could support so noble an institution !"

(Signed)

" J. H. THOMPSON."

NIL FACILIUS EST QUAM VERA DICERE.

Doctor Poole's letter, addressed to Doctor Halliday, from Waterford, is too convincing a proof that there remains a greater share of inattention to the necessities of the lunatic department there, than could have been wished or expected ; especially as I am very credibly informed that its House of Industry is one of the best regulated in Ireland. Doctor Poole's letter speaks most forcibly to the wisdom and spirit of the country, and must afford a conviction as to the propriety of looking more seriously to the better regulations of its lunatic asylums.

FINIS.











